HEALTHIER MUFFINS BASE FORMULA

HANDS-ON 10 MIN **TOTAL** 50 MIN
SERVES 12 **SUBMITTED BY** EATANDRUN

★★★★★ 3 REVIEWS

Enjoy a Brinner-style board when you try these combinations, left and opposite—or your own. Round out your board with fresh fruit, yogurt, granola, and bacon. Serve with Pineapple Mimosas (opposite).

- **2 ripe bananas, mashed (1 cup)**
- **¾ cup packed brown sugar**
- **⅓ cup unsweetened applesauce**
- **1 egg, lightly beaten**
- **1 tsp. *Extract***
- **1 cup whole-wheat flour**
- **2 tsp. baking powder**
- **1¼ tsp. salt**
- **1 tsp. *Spice***
- **½ tsp. baking soda**
- **1 cup quick-cooking oats**
- **1 cup *Fruit***

1. Preheat oven to 350°F. Lightly grease twelve 2½-inch muffin cups.
2. Stir together banana, brown sugar, applesauce, egg, and desired Extract in a large bowl. In another bowl, sift together flour, baking powder, salt, desired Spice, and baking soda.
3. Add flour mixture and oats to banana mixture; gently stir just until combined. (Do not overmix.) Fold in desired Fruit. Spoon batter evenly into prepared muffin cups.
4. Bake until a toothpick inserted into centers comes out clean, 15 to 20 minutes. Remove muffins from pan, transfer to a wire rack, and let cool completely.

armagazine.com/healthier-muffins-base-formula

BLACKENED CHICKEN WITH AVOCADO-CREAM SAUCE

HANDS-ON 25 MIN **TOTAL** 30 MIN **SERVES** 4 **SUBMITTED BY** SKINNYMOM

★★★★½ 54 REVIEWS

- 2 cups low-sodium chicken broth
- 1 cup quinoa, drained and rinsed
- ½ cup chopped green onions
- 3 tsp. lemon juice
- 1 tsp. salt
- 1 tsp. cumin
- 1 tsp. onion powder
- 1 tsp. paprika
- 1 tsp. black pepper
- ¼ to ½ tsp. cayenne pepper
- 4 (5-oz.) boneless, skinless chicken breasts
- 1½ tsp. vegetable oil
- ½ avocado, peeled and pitted
- ½ cup water
- ¼ cup plain Greek-style yogurt
- ½ tsp. garlic powder

1. Bring broth to a boil in a saucepan. Stir in quinoa; return to a boil. Reduce heat to low; simmer, covered, until quinoa is tender and broth has been absorbed, about 20 minutes. Stir in green onions, 1½ tsp. lemon juice, and ¼ tsp. salt.

2. Meanwhile, stir together cumin, onion powder, paprika, black pepper, cayenne, and ½ tsp. salt in a small bowl. Pat chicken dry with paper towels; rub spice mixture over both sides of each breast.

3. Heat oil in a large nonstick skillet over medium-high heat. Add chicken to skillet; reduce heat to medium. Cook, covered, 6 to 8 minutes, turning once halfway through, until an instant-read thermometer inserted into thickest parts registers 165°F. Transfer chicken to a plate, cover loosely with foil, and let rest 5 minutes.

4. Meanwhile, blend avocado, the water, yogurt, garlic powder, remaining 1½ tsp. lemon juice, and remaining ¼ tsp. salt in a food processor or blender until smooth.

5. Serve chicken with quinoa and avocado sauce.

armagazine.com/blackened-chicken-with-avocado-cream-sauce

HEALTHY QUICK GLUTEN-FREE

PER 1 CHICKEN BREAST, ABOUT 1 CUP QUINOA, AND ¼ CUP AVOCADO SAUCE: 395 CAL; 11G FAT (2G SAT); 41G PRO; 33G CARB (5G FIBER, 2G SUGARS); 694MG SODIUM

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TILLA
G

"I doubled the sauce. My husband and I enjoyed every bite. I had orzo in the house—not quinoa—but the substitution worked well. I paired it with steamed carrots. Delish!"

– INHERITED APRON

TIPS FROM OUR KITCHEN

Slow cooking:
Underfill the pot and food can be overdone; overload the pot and food will undercook. Shoot for about halfway full.

Pressure cooking:
Pay attention to the maximum fill line so everything has room to expand and cook adequately.

SLOW COOKER POT ROAST AU JUS

HANDS-ON 15 MIN **TOTAL** 5 HR, 45 MIN
SERVES 8 **SUBMITTED BY** CRANCHERRY

★★★★★ 90 REVIEWS

- **1 (4-lb.) boneless beef chuck pot roast**
- **1 Tbsp. Montreal steak seasoning**
- **2 Tbsp. olive oil**
- **1 beef bouillon cube**
- **1 cup hot strong black coffee**
- **1 (8-oz.) can tomato sauce**
- **4 to 5 tsp. Worcestershire sauce**
- **1 tsp. dried oregano**
- **Cooked polenta or mashed potatoes**
- **Fresh chopped parsley, for garnish**

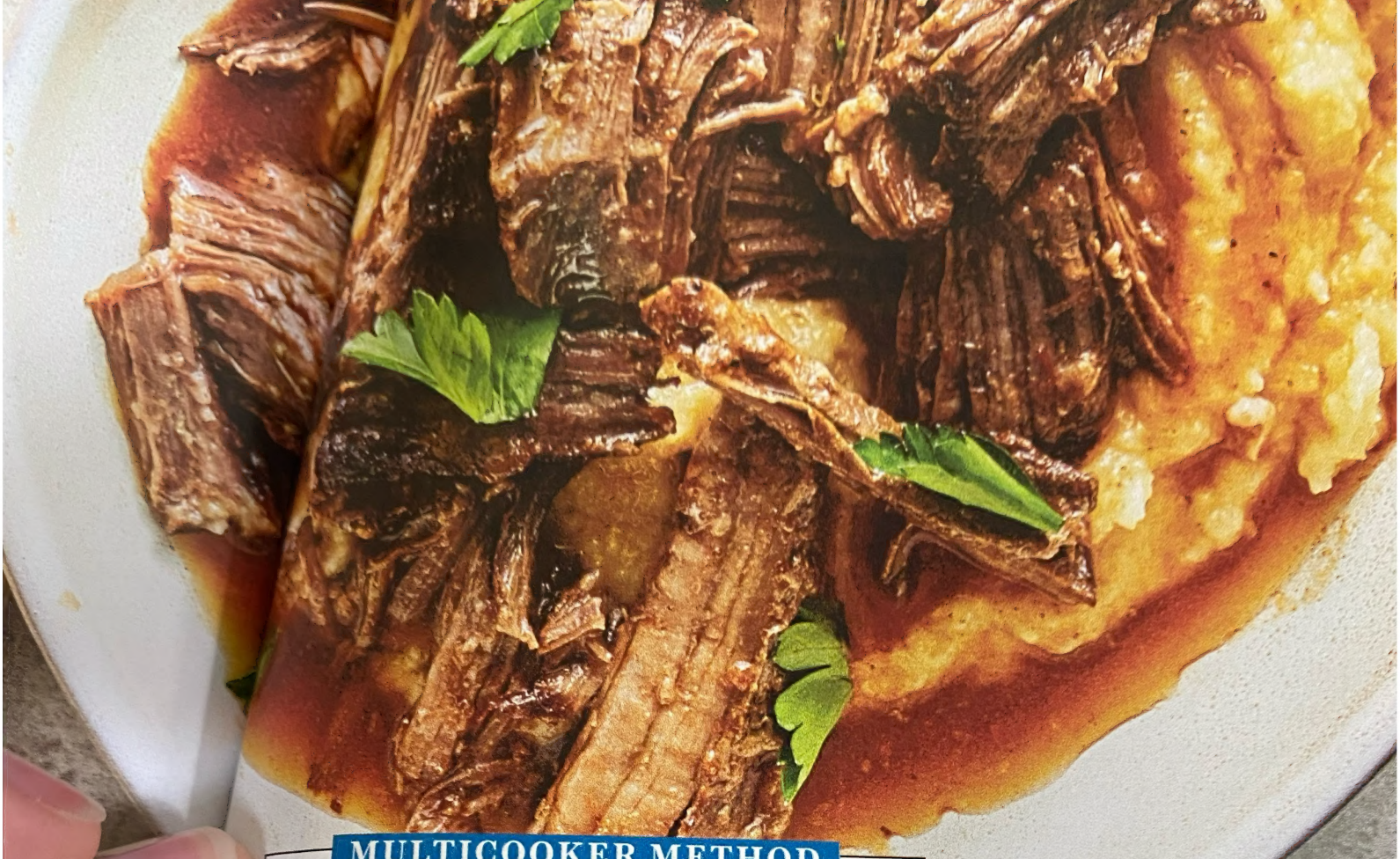
1. Rub roast with steak seasoning. Heat oil in a large skillet over medium-high heat. Sear roast until browned, about 5 minutes per side. Transfer to a 5- to 6-qt. slow cooker, halving to fit if needed.

2. Dissolve bouillon cube in hot coffee in a bowl. Stir in tomato sauce, Worcestershire, and oregano. Pour mixture over roast.

3. Cook, covered, until meat is tender, on Low 11 to 12 hours or on High 5½ to 6 hours. Skim fat from jus. Serve with polenta and sprinkle with parsley.

armagazine.com/slow-cooker-pot-roast-au-jus

PER 5 OZ. BEEF AND 1/2 CUP JUS: 318 CAL; 10G FAT (3G SAT); 34G PRO; 21G CARB (2G FIBER, 3G SUGARS); 1,051MG SODIUM



MULTICOOKER METHOD

Halve roast and rub each half with steak seasoning. Heat oil using Sauté function of an electric multicooker. Add roast halves; sear until browned, about 5 minutes per side. Dissolve bouillon cube in coffee in a bowl. Stir in tomato sauce, Worcestershire, and oregano; pour over roast. Close and lock lid; turn venting knob to seal. Select High Pressure and set timer for 45 minutes. Allow 5 minutes for pressure to build. Let pressure release naturally, about 15 minutes. Carefully remove lid. Skim fat from jus. Serve as directed.

the sauce was a perfect consistency!" – JENT

adding it at the end." – ILA

INSTANT POT COCONUT-CURRY CHICKEN

HANDS-ON 15 MIN **TOTAL** 1 HR, 5 MIN **SERVES** 8 **SUBMITTED BY** HELENE CHOI

★★★★½ 64 REVIEWS

- **1 Tbsp. coconut oil**
- **1 cup chopped onion**
- **2 cloves garlic, chopped**
- **3 Tbsp. curry powder**
- **⅛ tsp. cayenne pepper**
- **1 (14.5-oz.) can diced tomatoes, with juices**
- **1 (8-oz.) can tomato sauce**
- **1 Tbsp. sugar**
- **2 lb. boneless, skinless chicken breasts**
- **¼ tsp. kosher salt**
- **¼ tsp. black pepper**
- **1 (14-oz.) can coconut milk**
- **2 (8.5 oz.) pouches microwavable basmati rice**
- **Chopped fresh cilantro and lime wedges, for garnish**

1. Heat coconut oil in an electric multicooker set on Sauté. Stir in onion; cook 1 minute. Stir in garlic, 2 Tbsp. curry powder, and the cayenne; cook 2 minutes. Cancel Sauté function. Stir in diced tomatoes, tomato sauce, and sugar.

2. Prick chicken breasts using a fork; sprinkle with salt, black pepper, and remaining 1 Tbsp. curry powder. Transfer chicken to multicooker.

3. Close and lock lid; turn venting knob to seal. Select High Pressure and set timer for 10 minutes. Allow 10 to 15 minutes for pressure to build.

4. Let pressure release naturally, 5 to 10 minutes. Carefully remove lid. Transfer chicken to a plate, shred using 2 forks, then return to cooker. Select Sauté; cook, stirring, until liquid is lightly boiling, 2 to 3 minutes. Select Keep Warm. Stir in coconut milk; cook 10 minutes more to allow flavors to blend.

5. Meanwhile, cook rice according to package directions. Fluff with a fork. Serve chicken mixture over rice; garnish with cilantro and lime wedges.

armagazine.com/curry-chicken

GLUTEN-FREE

PER 1 CUP CHICKEN MIXTURE AND ½ CUP RICE: 522 CAL; 17G FAT (13G SAT); 32G PRO; 60G CARB (4G FIBER, 6G SUGARS); 304MG SODIUM

SLOW COOKER METHOD

Heat oil in a large skillet over medium heat. Add onion; cook 1 minute. Stir in garlic, 2 Tbsp. curry powder, and the cayenne. Cook until onion is tender, 2 minutes more. Transfer to a 4- to 5-qt. slow cooker. Stir in diced tomatoes, tomato sauce, and sugar. Prick chicken using a fork; season with salt, black pepper, and remaining 1 Tbsp. curry powder. Add chicken to slow cooker. Cook, covered, on Low 4 hours. Remove chicken and shred; return to slow cooker. Stir in coconut milk. Cook, covered, on High 15 to 30 minutes. Continue as directed.

INSTANT POT VEGETARIAN P

HANDS-ON 20 MIN
TOTAL 1 HR SERVES 6
SUBMITTED BY SOUP LOV

★★★★★ 1 REV

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LEFTOVER LOVE

BEEF RAGU

Cut reserved **beef and vegetables** (from recipe below) into bite-size pieces. Heat a 24-oz. jar **marinara sauce** in a saucepan over medium-high heat. Stir in beef and vegetables. Cook, covered, until heated through, about 15 minutes. Serve over 1 lb. cooked **pasta**; top with grated **Parmesan cheese** and **fresh basil**.

"I didn't have time to brown the meat ahead of time, so I just put everything in the slow cooker for 10 hours. It still tasted fabulous."
– ANDREA

OW COOKER BEEF POT ROAST

HANDS-ON 25 MIN TOTAL 5 HR, 25 MIN SERVES 4 SUBMITTED BY CHEF JOHN

★★★★★ 767 REVIEWS

- **1 (4-lb.) boneless beef chuck roast**
- **1 tsp. salt**
- **1 tsp. black pepper**
- **2½ Tbsp. flour**
- **2 Tbsp. vegetable oil**
- **8 oz. sliced fresh mushrooms (3 cups)**
- **1 Tbsp. butter**
- **1 cup chopped onion**
- **2 cloves garlic, minced**
- **1 Tbsp. tomato paste**
- **2½ cups low-sodium beef broth**
- **3 carrots, cut into 2-inch pieces**
- **2 stalks celery, cut into 2-inch pieces**
- **2 sprigs fresh thyme**
- **1 sprig fresh rosemary, plus more for garnish**

1. Sprinkle roast with salt and pepper. Pat 1 Tbsp. flour onto roast, then shake off any excess.

2. Heat oil in a large skillet over medium-high heat until hot. Sear roast 5 minutes per side; remove from skillet.

3. Reduce heat to medium. Stir in mushrooms and butter; cook until mushrooms begin to brown, about 3 minutes. Add onion; cook until translucent, about 5 minutes. Add garlic; cook 1 minute more. Stir in remaining 1½ Tbsp. flour; cook, stirring, 1 minute. Add tomato paste; cook, stirring, 1 minute more. Slowly stir in broth and return to a simmer. Remove skillet from heat.

4. Put carrots and celery in a 6-qt. slow cooker. Add roast, any accumulated juices, thyme, and rosemary. Pour mushroom mixture over roast. Cover and cook until roast is fork-tender, 10 to 12 hours on Low or 5 to 6 hours on High.

5. Remove roast and vegetables; skim off any fat from cooking liquid. Reserve half of roast and 1 cup vegetables for Beef Ragu (above). Serve remaining roast and vegetables topped with cooking liquid; garnish with rosemary.

armagazine.com/slow-cooker-beef-pot-roast

HEALTHY

PER 4 OZ. BEEF AND ¼ CUP VEGETABLES: 278 CAL; 14G FAT (5G SAT); 32G PRO; 8G CARB (2G FIBER, 3G SUGARS); 618MG SODIUM

$0.50 per serving

BANANA BREAKFAST PANCAKES

HANDS ON 20 minutes
COOK 6 minutes per batch

- ½ cup almond flour
- ¼ tsp. baking powder
- ⅛ tsp. salt
- 2 medium ripe bananas*
- 2 eggs, lightly beaten
- 2 Tbsp. unsweetened almond milk or fat-free milk
- 1 Tbsp. canola oil
- 1 tsp. vanilla
- 1 oz. unsweetened chocolate, grated or finely chopped (optional)
- ¼ cup honey (optional)

1. In a small bowl stir together flour, baking powder, and salt. In a medium bowl mash bananas with a potato masher until nearly smooth. Stir in eggs, milk, oil, and vanilla. Stir in flour mixture just until combined. Fold in chocolate (if using).

2. Grease a griddle or heavy skillet with additional oil; heat over medium. Pour batter onto hot griddle, using 2 Tbsp. per pancake. If necessary, spread batter. Cook 3 to 4 minutes per side or until golden, turning when edges are slightly dry. Grease griddle with additional oil as needed.

3. Top warm pancakes with additional banana and drizzle with honey (if using). **Makes 4 servings** (3 small pancakes each).

***Tip** Choose bananas that have a few brown spots but are not overripe.

PER SERVING *203 cal., 13 g fat (2 g sat. fat), 93 mg chol., 143 mg sodium, 17 g carb., 3 g fiber, 8 g sugars, 7 g pro.*

$1.12 per serving

MULTIGRAIN CITRUS WAFFLES

HANDS ON 15 minutes
BAKE according to manufacturer's directions

- 1½ cups all-purpose flour
- ⅓ cup whole wheat flour
- ⅓ cup oat flour
- 1 Tbsp. baking powder
- 1 Tbsp. packed brown sugar
- ½ tsp. baking soda
- ¼ tsp. salt
- 2 eggs, lightly beaten
- 1¾ cups fat-free milk or low-fat vanilla soymilk
- ⅓ cup canola oil
- 1 Tbsp. orange zest
- ¾ cup low-sugar orange marmalade, warmed
- 1 orange, sliced, rind and pith removed (optional)

1. In a large bowl stir together the first seven ingredients (through salt). Make a well in the center of flour mixture. In a medium bowl combine eggs, soymilk, oil, and orange zest. Add egg mixture all at once to flour mixture. Stir just until moistened (batter should be slightly lumpy).

2. Add batter to a preheated, lightly greased waffle baker according to the manufacturer's directions (use a regular or Belgian waffle baker). Close lid quickly; do not open until done. Bake according to manufacturer's directions. When done, use a fork to lift waffle off grid. Repeat with remaining batter. Serve warm with marmalade. Top with orange slices (if using) **Makes 6 servings** (two 4-inch waffles each).

PER SERVING *394 cal., 15 g fat (2 g sat. fat), 63 mg chol., 501 mg sodium, 55 g carb., 3 g fiber, 16 g sugars, 10 g pro.*

$1.88 per serving

CHILAQUILES BREAKFAST CASSEROLE

HANDS ON 35 minutes
BAKE 15 minutes + 45 minutes at 350°F
CHILL overnight
STAND 10 minutes

- 12 6-inch corn tortillas, quartered
- Nonstick cooking spray
- 1 Tbsp. canola oil
- 1 cup chopped onion
- 4 cloves garlic, minced
- 2 tsp. dried oregano, crushed
- 1 28-oz. can crushed tomatoes, undrained
- 1 cup reduced-sodium chicken broth
- 2 chipotle peppers in adobo sauce, finely chopped
- 2 cups shredded cooked chicken
- 8 eggs
- ¼ tsp. black pepper
- Toppings: avocado, crumbled Cotija or feta cheese, tortilla strips, and/or fresh cilantro

1. Preheat oven to 350°F. Spread tortillas evenly on two baking sheets. Bake on separate oven racks 15 minutes. Remove; let cool.

2. Meanwhile, coat a 3-qt. baking dish with cooking spray. In a 10-inch skillet heat oil over medium-high. Add onion, garlic, and oregano; cook and stir 2 minutes. Add tomatoes, broth, and chipotle peppers. Bring to boiling; reduce heat. Simmer, uncovered, 10 minutes, stirring occasionally. Stir in chicken.

3. Cover bottom of the prepared baking dish with toasted tortillas. Top with chicken mixture; let cool. Cover and chill overnight.

4. Preheat oven to 350°F. Bake casserole, covered, 35 minutes. Remove from oven. Make eight indentations in chicken mixture with back of a spoon. Crack an egg into a custard cup, then slip egg into an indentation; repeat with remaining eggs. Sprinkle with black pepper. Bake, uncovered, 10 to 15 minutes or until egg whites are set and yolks are thickened. Let stand 10 minutes before serving with desired toppings. **Makes 8 servings** (1 egg + ⅔ cup chicken mixture each).

PER SERVING 303 cal., 15 g fat (4 g sat. fat), 225 mg chol., 464 mg sodium, 22 g carb., 4 g fiber, 6 g sugars, 22 g pro.

$2.97 per serving

V

SPINACH-TOMATO MACARONI AND CHEESE

HANDS ON 30 minutes
BAKE 10 minutes at 350°F

- 1¾ cups dried elbow macaroni
- 1 Tbsp. olive oil
- 1 cup finely chopped onion
- 4 cloves garlic, minced
- ¾ tsp. salt
- 1 10-oz. pkg. fresh baby spinach
- 1 cup grape tomatoes, halved
- 1 Tbsp. butter
- 1 Tbsp. all-purpose flour
- ½ tsp. black pepper
- ⅓ cup low-fat milk
- ⅓ cup low-sodium vegetable broth
- 1 cup shredded reduced-fat cheddar cheese (8 oz.)

1. Preheat oven to 350°F. Cook macaroni according to package directions; drain.

2. Meanwhile, in a 10-inch skillet heat oil over medium-high. Add onion, garlic, and ¼ tsp. of the salt; cook and stir 3 to 4 minutes or until onion is tender. Gradually add spinach, stirring until wilted and adding water, 1 Tbsp. at a time, as needed to prevent sticking. Transfer mixture to a large bowl.

3. Add tomatoes to skillet; cook and stir over medium-high about 1 minute or until they begin to soften. Transfer to bowl with spinach mixture.

4. For cheese sauce, reduce heat to medium. Melt butter in skillet. Whisk in flour, pepper, and the remaining ½ tsp. salt. Cook 2 minutes, whisking constantly. Gradually whisk in milk and broth. Cook 1 to 2 minutes or until thickened and bubbly, whisking constantly. Gradually whisk in ¾ cup of the cheese until melted.

5. Add macaroni and cheese sauce to bowl with spinach mixture; mix well. Transfer to an 11×7-inch baking dish. Sprinkle with the remaining ¼ cup cheese.

6. Bake, uncovered, 10 to 15 minutes or until cheese is melted. **Makes 4 servings** (about 1½ cups each).

PER SERVING *407 cal., 13 g fat (6 g sat. fat), 24 mg chol., 725 mg sodium, 56 g carb., 5 g fiber, 6 g sugars, 18 g pro.*

$2.98 per serving

PRESSURE COOKER BEEF AND BROCCOLI

HANDS ON 30 minutes
PRESSURE COOK 15 minutes

- 1½ to 1¾ lb. beef flank steak or bottom round steak, trimmed
- 2 cups sliced yellow onion
- ½ cup reduced-sodium beef broth
- ½ cup reduced-sodium soy sauce
- 3 Tbsp. hoisin sauce
- 2 Tbsp. packed dark brown sugar
- 1 Tbsp. rice wine vinegar or cider vinegar
- 5 cloves garlic, minced
- 1 Tbsp. grated fresh ginger
- 3 Tbsp. cold water
- 1 Tbsp. cornstarch
- 4 cups fresh broccoli florets
- Hot cooked white or brown rice (optional)
- Toasted sesame seeds (optional)

1. Cut meat across the grain into six portions. In a 6-qt. multifunction electric or stove-top pressure cooker combine meat and onion. In a small bowl combine the next seven ingredients (through ginger); pour over meat mixture.

2. Lock lid. Set electric cooker on high pressure to cook 15 minutes. For stove-top cooker, bring up to pressure over medium-high heat; reduce heat enough to maintain steady (but not excessive) pressure. Cook 15 minutes. Remove from heat. For both models, immediately release pressure. Open lid carefully. Remove meat.

3. In a small bowl stir together the cold water and cornstarch; stir into cooking liquid. Add broccoli. For electric cooker, heat to simmering on sauté setting; for stove-top cooker, bring to simmering over medium heat. For both models, cover and simmer about 15 minutes or until thickened and bubbly and broccoli is crisp-tender.

4. Thinly slice meat across the grain. Stir meat into broccoli mixture. Serve over rice and top with sesame seeds (if using). **Makes 6 servings** (about 1 cup beef mixture each).

SLOW COOKER DIRECTIONS In a 3½- or 4-qt. slow cooker combine meat and onion. In a small bowl combine the next seven ingredients (through ginger); pour over meat mixture. Cover and cook on low 8 to 10 hours. Remove meat. Turn cooker to high. In a small bowl stir together the cold water and cornstarch; stir into cooking liquid. Add broccoli. Cover and cook about 15 minutes more or until thickened and bubbly and broccoli is crisp-tender. Continue as directed in Step 4.

PER SERVING 273 cal., 8 g fat (3 g sat. fat), 43 mg chol., 843 mg sodium, 23 g carb., 3 g fiber, 11 g sugars, 28 g pro.

COOK LOW AND SLOW

Many inexpensive cuts of meat like pork shoulder and beef chuck are less tender than chops and steaks. But you can eliminate their toughness by cooking these cuts over low heat for a long time. This helps proteins break down, resulting in tender, juicy meat that pulls apart.

$1.15 per serving

PULLED PORK TACOS

HANDS ON 30 minutes
COOK 2 hours 30 minutes

- 1 orange
- 3 lb. boneless pork shoulder, trimmed
- 2 Tbsp. canola oil
- ⅓ cup chopped onion
- 3 cloves garlic, minced
- 2 cups water
- 4 sprigs fresh thyme
- 2 bay leaves
- 1 tsp. salt
- 1 tsp. dried Mexican oregano, crushed
- ½ tsp. crushed red pepper
- 16 6-inch corn tortillas, warmed*
- ½ to 1 cup fresh salsa or guacamole
- lime wedges (optional)
- sliced radishes or chopped pineapple (optional)

1. Remove 1 tsp. zest and squeeze ⅓ cup juice from orange. Cut meat into 1½-inch pieces. In a 6-qt. Dutch oven heat oil over medium-high. Cook meat, half at a time, in hot oil, stirring to brown evenly. Remove from Dutch oven. Add onion and garlic; cook and stir until lightly browned and tender. Return meat to Dutch oven.

2. Add orange zest, orange juice, and the next six ingredients (through crushed red pepper) to the Dutch oven. Bring to boiling; reduce heat. Cover and simmer 2 hours. Remove lid; increase heat so mixture boils gently. Cook, uncovered, about 30 minutes or until almost all of the liquid has evaporated, gently stirring occasionally. Discard thyme sprigs and bay leaves.

3. Using a slotted spoon, transfer meat to a serving bowl. Serve with warm corn tortillas, fresh salsa or guacamole, lime wedges, and radishes or pineapple (if using). **Makes 8 servings** (2 tacos each).

***TIP** To warm tortillas, wrap them in foil and bake in a 350°F oven about 15 minutes or until heated through.

PER SERVING *320 cal., 10 g fat (2 g sat. fat), 102 mg chol., 501 mg sodium, 15 g carb., 1 g fiber, 2 g sugars, 40 g pro.*

$2.90 per serving

CUBAN-STYLE SHREDDED BEEF SANDWICHES

HANDS ON 30 minutes
PRESSURE COOK 30 minutes
STAND 15 minutes

- 1 tsp. dried oregano, crushed
- 1 tsp. ground cumin
- ½ tsp. salt
- ½ tsp. black pepper
- ⅛ tsp. ground allspice
- 1 2- to 2½-lb. boneless beef chuck roast, trimmed and cut into 2-inch pieces
- 1 Tbsp. vegetable oil
- 2 medium onions, sliced
- 2 large green bell peppers, halved, seeded, and sliced
- 4 cloves garlic, minced
- ¼ cup orange juice
- ¼ cup lime juice
- 1 recipe Citrus Mayo
- 8 bolillo or hoagie rolls, split and toasted
- 1 avocado, halved, seeded, peeled, and sliced

1. In a small bowl combine the first five ingredients (through allspice). Rub spice mixture onto all sides of the beef pieces.

2. In a 4- to 6-qt. multifunction electric or stove-top pressure cooker cook meat in hot oil over medium-high until browned. (For electric pressure cooker, use the sauté setting). Remove meat from cooker. Place onions, bell peppers, and garlic in cooker. Add orange juice and lime juice. Place meat on top of vegetables.

3. Lock lid in place. Set electric cooker on high pressure to cook 30 minutes. (For stove-top cooker, bring up to pressure over medium-high heat; reduce heat enough to maintain steady [but not excessive] pressure. Cook 30 minutes. Remove from heat.) For both models, let stand 15 minutes to release pressure naturally. Open lid carefully.

4. Using a slotted spoon, remove meat from cooker. Shred meat using two forks; place shredded meat in a large bowl. Strain cooking liquid, reserving vegetables. Add ¼ to ½ cup cooking liquid to meat to moisten it. Stir in reserved vegetables. Discard any remaining cooking liquid.

5. Spread Citrus Mayo on cut sides of rolls. Fill rolls with shredded meat mixture and top with avocado. **Makes 8 servings** (1 sandwich each).

CITRUS MAYO Remove ½ tsp. zest and squeeze 1 tsp. juice from an orange. Remove ¼ tsp. zest and squeeze ½ tsp. juice from a lime. In a small bowl whisk together orange zest and juice, lime zest and juice, ¼ cup reduced-fat mayonnaise, ⅛ tsp. salt, and a pinch black pepper.

SLOW COOKER DIRECTIONS Prepare meat as directed in Step 1. In a 10-inch skillet cook meat, half at a time, in hot oil over medium-high until browned on all sides. In a 4- to 6-qt. slow cooker layer onions, bell peppers, and garlic. Pour orange juice and lime juice over vegetables. Place meat on top of vegetables. Cover and cook on low 8 hours or high 4 hours. Using a slotted spoon, remove meat from slow cooker. Continue as directed in Step 4.

PER SERVING 348 cal., 12 g fat (2 g sat. fat), 48 mg chol., 611 mg sodium, 38 g carb., 4 g fiber, 4 g sugars, 23 g pro.

FREEZING BASICS

Freezing is the easiest of all preserving methods and works for a variety of fruits and vegetables. Learn the basics to get started.

THE SCIENCE OF FREEZING

HOW FOOD FREEZES Food contains water, and when a food is exposed to temperatures of 32°F or colder, the molecules in the water slow down and cluster, eventually crystallizing until the food is completely frozen.

WHAT CHANGES IN FREEZING The crystals formed during freezing take up more space than water. For foods like meat that have flexible cell walls, this isn't a big deal. But for veggies with stiffer cell walls, the ice crystals can break the cell walls and cause the food to collapse when thawed. Blanching (tip, *below*) helps to soften cell walls in produce, making them more flexible. Also, the faster a food freezes, the smaller the crystals, which is why commercial foods are flash-frozen at cryogenic temperatures.

WHAT IS BLANCHING? Blanching is a heat-and-cool process that inactivates enzymes that can affect flavor, color, and texture in foods. Add prepared produce to a large pot of boiling water (about 1 gallon of water per 1 pound produce), cover. Start timing. Cook over high heat for the suggested time (see chart, *opposite*). Use a slotted spoon to transfer the food to a large bowl of ice water. Chill for the same amount of time the food was boiled, drain. (For high-altitude adjustment, see p. 7.)

FREEZER CONTAINERS

When freezing foods, use containers that are durable, resistant to cracking, and moisture- and vapor-resistant. Choose the right-size container for your volume of food. Foods containing water expand when frozen, so leave enough headspace to allow for expansion (tip, *opposite*).

PLASTIC CONTAINERS Use rigid plastic containers with airtight lids designed for freezing.

CANNING JARS Select only wide-mo canning jars approved for freezing. Wh is always noted on the jar packaging. Do not fill jars above the 1-inch line.

PLASTIC FREEZER BAGS Use pac designated for freezing, such as resea freezer bags and vacuum freezer bags which are made of thicker material in regular plastic bags. Remove as mu as possible from bags.

TIPS FOR SUCCESS

1. Select fruits and vegetables that are ripe and mature. (Refrigerate produce if it can't be frozen immediately.) Rinse and drain small quantities through several changes of cold water; do not soak.
2. If necessary, blanch (partially cook) produce (tip, above left). Do not blanch in the microwave; some enzymes might not inactivate.
3. Transfer cooled, drained food to freezer containers or bags, leaving the specified headspace. If using containers, wipe rims.
4. Seal containers or bags according to the manufacturer's directions, pressing out as much air as possible. If necessary, use freezer tape around container lid edges for a tight seal.
5. Label each contain with its contents amount, and date. Lay bags flat to freeze. Leave space between packages so air can circulate around them. When frozen, sta bags can be stacked and packages can be placed closer together.

FREE

Wash fresh vegetables w

VEGETABLE	PREP
BEANS (GREEN, ITALIAN, SNAP, OR WAX)	Allow 1½ ends and 1-inch piec
CARROTS	Use 1- to 1¼ carrots migh per quart. W tiny carrots w remainder.
CORN	Allow 4 to 5 lb Scrub with a ve silks. Wash and
SWEET PEPPERS	Select firm sweet half lengthwise. Re membranes. Bake, 425°F oven 25 min bubbly. Wrap in foi until cool. Pull the sk

FREEZ

Wash fresh fruits with cool

FRUIT	PREP
APPLES AND PEARS	Allow 2 to 3 lb. per quar varieties that are crisp— Peel and core; halve, qu into ascorbic acid color-k (tip, p. 51); drain.
PEACHES AND NECTARINES	Allow 2 to 3 lb. per quart. boiling water to loosen skin not necessary to peel necta and pit. Slice if desired. Trea acid color-keeper solution (
BERRIES	Allow 1 to 3 lb. per quart. If d quarter strawberries.
CHERRIES	Allow 2 to 3 lb. per quart. If des with ascorbic acid color-keepe (tip, p. 51); drain. If unpitted, pric opposite sides to prevent splittin

CHECKING HEA

Headspace provides enough room for food to expand pack or dry-pack, leave a ½-inch headspace unless sugar-, or syrup-pack in freezer containers with wide and a 1-inch headspace for quarts. For narrow-top co

FREEZING VEGETABLES

Wash fresh vegetables with cool tap water. Scrub firm vegetables with a produce brush.

VEGETABLE	PREP	FREEZING
BEANS (GREEN, ITALIAN, SNAP, OR WAX)	Allow 1½ to 2½ lb. per quart. Wash; remove ends and strings. Leave whole or cut into 1-inch pieces.	Blanch 3 minutes. Cool quickly by plunging into ice water; drain. Fill containers, leaving a ½-inch headspace.
CARROTS	Use 1- to 1¼-inch-diameter carrots (larger carrots might be too fibrous). Allow 2 to 3 lb. per quart. Wash, trim, peel, and rinse. Leave tiny carrots whole; slice or dice the remainder.	Blanch cut-up carrots 2 minutes, tiny carrots 5 minutes. Plunge into ice water. Pack into containers, leaving a ½-inch headspace.
CORN	Allow 4 to 5 lb. per quart. Remove husks. Scrub with a vegetable brush to remove silks. Wash and drain.	Cover ears with boiling water. Boil 4 minutes. Cool quickly by plunging into ice water; drain. Cut corn from cobs at two-thirds depth of kernels; do not scrape. Fill containers, leaving a ½-inch headspace.
SWEET PEPPERS	Select firm sweet peppers; wash and cut in half lengthwise. Remove stems, seeds, and membranes. Bake, cut sides down, in a 425°F oven 25 minutes or until skins are bubbly. Wrap in foil; let stand 15 minutes or until cool. Pull the skin off using a small knife.	Quarter large pepper pieces or cut into strips. Fill containers, leaving a ½-inch headspace.

FREEZING FRUITS

Wash fresh fruits with cool tap water but do not soak them; drain.

FRUIT	PREP	FREEZING
APPLES AND PEARS	Allow 2 to 3 lb. per quart. For apples, select varieties that are crisp—not mealy in texture. Peel and core; halve, quarter, or slice. Dip into ascorbic acid color-keeper solution (tip, *p. 51*); drain.	Use a syrup-, sugar-, or unsweetened pack (tip, *right*), leaving the recommended headspace (tip, *below*).
PEACHES AND NECTARINES	Allow 2 to 3 lb. per quart. Dunk peaches in boiling water to loosen skins to peel. (It is not necessary to peel nectarines.) Halve and pit. Slice if desired. Treat with ascorbic acid color-keeper solution (tip, *p. 51*); drain.	Use a syrup-, sugar-, or water-pack (tip, *right*), leaving the recommended headspace (tip, *below*).
BERRIES	Allow 1 to 3 lb. per quart. If desired, slice or quarter strawberries.	Use a syrup-, sugar-, or unsweetened pack (tip, *right*), leaving the recommended headspace (tip, *below*).
CHERRIES	Allow 2 to 3 lb. per quart. If desired, treat with ascorbic acid color-keeper solution (tip, *p. 51*); drain. If unpitted, prick skin on opposite sides to prevent splitting.	Use a syrup-, sugar-, or unsweetened pack (tip, *right*), leaving the recommended headspace (tip, *below*).

CHECKING HEADSPACE

Headspace provides enough room for food to expand as it freezes. When using an unsweetened pack or dry-pack, leave a ½-inch headspace unless otherwise directed. When using a water-, sugar-, or syrup-pack in freezer containers with wide tops, leave a ½-inch headspace for pints and a 1-inch headspace for quarts. For narrow-top containers, don't fill above the "shoulders."

FRUIT PACK

UNSWEETENED PACK Simply pack fruit into freezer containers or jars without added sugar or liquid.

WATER-PACK Pack fruit into freezer containers and cover fruit with water. (Do not use glass jars for this method.) Maintain the recommended headspace.

SUGAR-PACK Place a small amount of fruit in a freezer container and sprinkle lightly with sugar; repeat layering. Cover; let stand 15 minutes. Seal.

SYRUP-PACK Fill freezer containers with fruit and make a sugar-water syrup (*below*) to cover the fruit. Opt for thin syrup for mild or sweet fruits and medium syrup with sour fruits.

THIN SYRUP
1⅓ cups sugar plus 4 cups water yields about 4¼ cups syrup.

MEDIUM SYRUP
2⅓ cups sugar plus 4 cups water yields about 4½ cups syrup.

FREEZER CONTAINERS

When freezing foods, use containers that are durable, resistant to cracking, and moisture- and vapor-resistant. Choose the right-size container for your volume of food. Foods containing water expand when frozen, so leave enough headspace to allow for expansion (tip, *opposite*).

PLASTIC CONTAINERS Use rigid plastic containers with airtight lids designed for freezing.

CANNING JARS Select only wide-mouth canning jars approved for freezing, which is always noted on the jar packaging. Do not fill jars above the 1-inch line.

PLASTIC FREEZER BAGS Use bags designated for freezing, such as resealable freezer bags and vacuum freezer bags, which are made of thicker material than regular plastic bags. Remove as much air as possible from bags.

4 Seal containers or bags according to the manufacturer's directions, pressing out as much air as possible. If necessary, use freezer tape around container lid edges for a tight seal.

5 Label each container with its contents, amount, and date. Lay bags flat to freeze. Leave space between packages so air can circulate around them. When frozen solid, bags can be stacked and packages can be placed closer together.

THREE-HERB MARINARA SAUCE

PREP 2 hours
COOK 1 hour 10 minutes
PROCESS 35 minutes

- 6 lb. ripe tomatoes, peeled (tip, *p. 13*)
- 4½ tsp. packed brown sugar
- 1 Tbsp. kosher salt or 2 tsp. regular salt
- 1½ tsp. balsamic vinegar
- ½ tsp. freshly ground black pepper
- 1 cup lightly packed fresh basil leaves, chopped
- ¼ cup lightly packed fresh oregano leaves, chopped
- ¼ cup lightly packed fresh Italian parsley leaves, chopped
- 1½ tsp. crushed red pepper (optional)
- 9 tsp. lemon juice (tip, *p. 13*)

1. Cut peeled tomatoes into chunks; add some of the chunks to a food processor. Cover; process until chopped. Transfer chopped tomatoes to a 4- to 6-qt. nonreactive heavy pot (tip, *p. 18*). Working in batches, repeat chopping remaining tomatoes. Add all of the tomatoes to pot.

2. Add brown sugar, salt, vinegar, and black pepper to tomatoes in pot. Bring to boiling, stirring frequently; reduce heat. Simmer, uncovered, 70 to 80 minutes or until desired consistency (you should have about 5½ cups), stirring occasionally. Remove from heat; stir in basil, oregano, parsley, and, if desired, crushed red pepper.

3. Spoon 1½ tsp. of the lemon juice into each of six hot, clean half-pint canning jars. Ladle hot marinara sauce into jars with lemon juice, leaving a ½-inch headspace. Process filled jars in a boiling-water canner 35 minutes (tips, p. 6-9). **Makes 6 half-pints.**

PER ½ CUP 57 cal., 1 g fat (0 g sat. fat), 0 mg chol., 539 mg sodium, 13 g carb., 3 g fiber, 9 g sugars, 2 g pro.

FREEZE it!

Prepare as directed through Step 2. Cool 30 minutes. Transfer to freezer containers, leaving a ½-inch headspace. Freeze up to 3 months (tips, p. 4).

SAUCY TOMATOES

No matter the shape, size, or variety, any kind of tomato is acceptable for canning. However, roma tomatoes (also called plum, paste, or Italian-style) have a thick, dense flesh and low water content that makes them the best choice for thick-body sauces. Roma tomatoes also hold their shape well when canned whole. Beefsteak or heirloom tomatoes are extra juicy.

Please use seat
FRESH TOMATO MEAT SAUCE
PREP 20 minutes
COOK 20 minutes
FREEZE up to 3 months
1 lb. lean ground beef or uncooked ground turkey
2 oz. pancetta, chopped
½ cup finely chopped onion
4 cloves garlic, minced
2 lb. fresh roma tomatoes, peeled (tip, p. 13), seeded, and chopped (about 3 cups)
½ cup dry red wine
1 to 2 tsp. balsamic vinegar
½ tsp. salt
½ tsp. black pepper
½ cup chopped fresh basil
1. In a large saucepan cook ground meat and pancetta over medium until meat is browned. Drain off fat. Stir in onion and garlic; cook 3 to 5 minutes more or until onion is tender, stirring occasionally.
2. Stir in next five ingredients (through pepper). Bring to boiling; reduce heat. Simmer, uncovered, 20 to 25 minutes or until sauce is slightly thickened, stirring occasionally. Stir in basil.
3. Cool slightly. Transfer to freezer containers, leaving a ½-inch headspace. Freeze up to 3 months (tips, p. 4) or refrigerate up to 3 days. Makes 3½ cups.
PER ½ CUP 177 cal., 8 g fat (3 g sat. fat), 44 mg chol., 263 mg sodium, 7 g carb., 2 g fiber, 4 g sugars, 16 g pro.
SERVING DIRECTIONS
Thaw frozen sauce in refrigerator overnight. Transfer to a medium saucepan. Cook over medium-low until simmering, stirring occasionally.
THREE-HERB MARINARA SAUCE
prep 2 hours
cook 1 hour 10 minutes
process 35 minutes
FREEZE it!
Prepare as directed through Step 2. Cool 30 minutes. Transfer to freezer containers, leaving a ½-inch headspace. Freeze up to 3 months (tips, p. 4).

USE IT UP
Add meatballs to marinara sauce and serve over pasta or in hoagies. Or add to soups or casseroles.

CHICKEN-SAUSAGE MEATBALLS WITH ZUCCHINI

FOR THE FREEZER

PREP 15 minutes
STAND 20 minutes
BAKE 25 minutes at 375°F
COOL 20 minutes
FREEZE up to 3 months

- 1½ cups finely shredded zucchini
- ½ tsp. salt
- 2 eggs, lightly beaten
- ½ cup fine dry bread crumbs
- ½ cup finely chopped onion
- ½ cup grated Parmesan cheese
- 2 Tbsp. milk
- 1 tsp. dried Italian seasoning, crushed
- ½ tsp. black pepper
- 1 lb. ground chicken
- 1 lb. bulk turkey or pork sausage

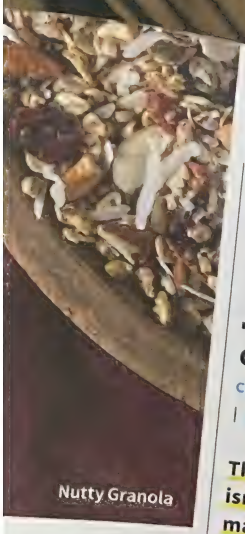
1. Preheat oven to 375°F. Line a colander with paper towels; add zucchini. Sprinkle ¼ tsp. of the salt over zucchini. Let stand 20 minutes, pressing occasionally to remove moisture.

2. In a large bowl combine zucchini, remaining salt, and next seven ingredients (through pepper). Add chicken and sausage; mix well. Shape mixture into 36 meatballs. Place in a greased or foil-lined shallow baking pan. Bake about 25 minutes or until meatballs are done (165°F). Drain off fat.

3. Cool meatballs 20 minutes. Place in a single layer on a waxed paper-lined baking sheet. Freeze about 30 minutes or until firm. Transfer meatballs to resealable freezer bags or freezer containers. Seal; freeze up to 3 months. Thaw in the refrigerator before using.

Makes 36 meatballs.

PER MEATBALL 54 cal., 3 g fat (1 g sat. fat), 32 mg chol., 86 mg sodium, 2 g carb., 0 g fiber, 0 g sugars, 6 g pro.



Nutty Granola

ESTERN

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(pg. 11).

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6 Use a spatula to loosen omelet from sides of pan to serve. Garnish with scallion slices, if desired.

CHICKEN AND WAFFLES

CLASSIC | FAMILY FAVORITE | KID- FRIENDLY

This Southern specialty isn't just for breakfast! It makes a delicious dinner, too.

Start to Finish 1 hour 50 minutes (50 minutes active)
Servings 4

- **4 boneless, skinless chicken thighs**
- **1 teaspoon salt**
- **½ teaspoon ground black pepper**
- **1 cup buttermilk**
- **½ cup all-purpose flour**
- **1 teaspoon garlic powder**
- **1 teaspoon paprika**
- **½ teaspoon chili powder**
- **½ teaspoon cayenne pepper**
- **4 Belgian-style waffles**
- **Maple syrup**

1 In a large bowl, place chicken; add salt, black pepper and buttermilk. Stir, then place in refrigerator to marinate for 1 hour.
2 Preheat air fryer to 375 F.
3 In a medium bowl, combine flour, garlic powder, paprika, chili powder and cayenne.
4 Remove chicken from marinade. Dip each piece in flour mixture, coating all surfaces.
5 Place chicken in air fryer basket and cook for 25 to 30 minutes, flipping halfway through (make sure internal temperature is 165 F). Remove from air fryer; cool slightly on wire rack.
6 When chicken is almost done cooking, toast waffles. Place a chicken thigh on each waffle and serve with maple syrup.

Cook's Notes

Maple syrup is the classic topping for chicken and waffles, but it's not the only choice. Try a creamy chicken gravy, especially if you're serving this for dinner. Or mix honey with Sriracha for a sweet-and-spicy option.

Ch
and W

BACON AND EGG BREAKFAST BUNDLES

FAMILY FAVORITE | PARTY-WORTHY

Make a weekend special with these breakfast treats! Try them with homemade country gravy poured over the top.

Start to Finish 40 minutes
(25 minutes active)
Servings 8

- 1 tablespoon butter
- 4 eggs
- 2 tablespoons milk
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 tablespoon chopped chives
- 1 (8-ounce) can refrigerated biscuits
- 4 slices bacon, cooked and crumbled
- ¾ cup shredded cheddar cheese
- 2 tablespoons melted butter
- 1 tablespoon coarse salt
- Vegetable cooking spray

1 Preheat air fryer to 375 F.
2 In a large bowl, whisk together eggs, milk, salt and pepper.
3 In a large skillet over medium heat, melt butter. Pour egg mixture in pan and let set slightly. Reduce heat to medium-low, and stir occasionally until soft curds form.
4 Remove from heat and sprinkle with chives.
5 Flatten each biscuit into a ¼-inch-thick round. Top each round of dough with scrambled eggs, bacon crumbles and cheese. Wet the edges of the dough and pinch together to seal.
6 Brush tops with melted butter and sprinkle with coarse salt.
7 Line basket of air fryer with parchment paper greased with vegetable cooking spray and, working in batches, add biscuit bundles.

French Toast Sticks

8 Bake until biscuits are golden on top and cooked through, about 10 minutes.

PUFF PASTRY DANISH

CLASSIC | FAMILY FAVORITE

These elegant little pastries will elevate your brunch.

Start to Finish 35 minutes
(25 minutes active)
Servings 6

- 1 (8-ounce) package cream cheese, softened
- ¼ cup confectioners' sugar
- 2 tablespoons all-purpose flour
- ½ teaspoon vanilla extract
- 2 egg yolks, divided
- 1 tablespoon water
- 1 (17.3-ounce) package frozen puff pastry, thawed
- ⅔ cup seedless strawberry jam
- Coarse sugar
- Vegetable cooking spray

1 Preheat air fryer to 325 F.
2 In a medium bowl, beat cream cheese, confectioners' sugar, flour and vanilla until smooth; beat in 1 egg yolk. In a small bowl, mix water and remaining yolk.
3 On a surface lightly dusted with flour, unfold each sheet of puff pastry; roll out into two 12-inch squares. Cut each into nine 4-inch squares.
4 Top each mini square with 1 tablespoon cream cheese mixture and 1 teaspoon jam. Brush 2 sides of pastry with yolk mixture and fold over filling; pinch to seal. Make 4 cuts across top of each.
5 Brush tops with remaining yolk mixture. Sprinkle with coarse sugar.
6 Grease a tray with vegetable cooking spray. Place pastries in a single layer on tray (you may need to work in batches). Cook until golden brown, 8 to 10 minutes. Serve warm.

FRENCH TOAST STICKS

COMFORT FOOD | KID-FRIENDLY

Slightly stale bread is perfect for French toast; it will absorb more of the egg mixture.

Start to Finish 20 minutes
(12 minutes active)
Serves 6

- 2 large eggs
- ⅓ cup heavy cream
- ⅓ cup milk
- ¼ cup sugar
- ¼ teaspoon ground cinnamon
- ½ teaspoon vanilla extract
- ¼ teaspoon kosher salt
- 6 thick slices white bread, each slice cut into thirds
- Maple syrup
- Confectioners' sugar

1 Preheat air fryer to 375 F.
2 In a large shallow baking dish, beat eggs, cream, milk, sugar, cinnamon, vanilla and salt. Add bread, turning to coat well.
3 In basket of air fryer, place bread in a single layer. Cook 8 minutes, tossing halfway through.
4 Serve warm, drizzled with maple syrup and sprinkled with confectioners' sugar.

BONELESS BUFFALO CHICKEN WINGS

CLASSIC | FAMILY FAVORITE

To make Buffalo sauce, melt 5 tablespoons butter and add ½ cup Frank's RedHot Original Cayenne Pepper Sauce.

Start to Finish 44 minutes
(10 minutes active)
Servings 4

- 1 cup all-purpose flour
- 1 teaspoon kosher salt
- 1 teaspoon garlic powder
- ½ teaspoon smoked paprika
- ¼ teaspoon cayenne pepper
- 1 egg
- ¼ cup milk
- 2 boneless, skinless chicken breasts, cut into 1-inch pieces
- Vegetable cooking spray
- ⅔ cup Buffalo sauce
- Blue cheese dressing, carrot sticks, celery sticks, optional

1 Preheat air fryer to 375 F.
2 In a medium bowl, stir together first 5 ingredients.
3 In a small bowl, whisk together egg and milk.
4 Dip chicken pieces in egg mixture, then toss to coat in flour mixture. Refrigerate coated chicken for 20 minutes.
5 Spray chicken pieces with vegetable cooking spray.
6 Place chicken in air fryer basket or tray (you may need to work in batches). Cook for 12 minutes, shaking basket halfway through.
7 Toss chicken with Buffalo sauce and serve with dressing and veggie sticks, if desired.

Boneless Buffalo Chicken Wings

CHICKEN TAQUITOS

EASY | KID-FRIENDLY | PARTY-WORTHY

Heat each tortilla to soften it before filling and rolling it.

Start to Finish 35 minutes
(15 minutes active)
Servings 10

- 1 tablespoon vegetable oil
- 3 tablespoons diced onion
- 1 teaspoon minced garlic
- 3 tablespoons chopped green chiles
- 3 tablespoons enchilada sauce
- 1½ cups cooked, shredded chicken
- 3 tablespoons cream cheese
- ⅔ cup shredded pepper Jack cheese
- 10 (6-inch) corn tortillas
- Vegetable cooking spray
- Salsa verde, guacamole, cilantro sprigs

1 In a skillet, heat oil. Add onion; cook 3 to 5 minutes. Add garlic; cook until fragrant, 1 minute.
2 Add green chiles and enchilada sauce; stir to combine.
3 Add chicken, cream cheese and pepper Jack cheese. Cook and stir until cheeses are melted, about 3 minutes.
4 Place 3 tablespoons of chicken mixture down the center of each tortilla. Fold over and roll each into a taquito.
5 Preheat air fryer to 400 F.
6 Place taquitos in air fryer basket or tray, making sure they are not touching, and spray with vegetable cooking spray. Cook for 6 to 9 minutes; flip and cook for an additional 3 to 5 minutes.
7 Serve with salsa verde, guacamole and cilantro sprigs.

MAC AND CHEESE BALLS

CLASSIC | COMFORT FOOD | KID-FRIENDLY

Use leftover mac and cheese or use boxed (we won't tell).

Start to Finish 50 minutes
(10 minutes active)
Servings 4

- 2 cups macaroni and cheese
- 1 egg
- 1 tablespoon milk
- ½ cup plain panko breadcrumbs
- ½ teaspoon kosher salt
- ¼ teaspoon garlic powder

1 Refrigerate macaroni and cheese for several hours till cold. Use a cookie scoop to form 1-inch balls.
2 In a small bowl, add egg and milk; whisk to combine.
3 In a medium bowl, mix together panko, salt and garlic powder.
4 Coat each ball with egg mixture, then roll in the panko mixture until thoroughly coated. Place on parchment-lined cookie sheet. Place in freezer for 30 minutes.
5 Preheat air fryer to 360 F. Place balls in air fryer basket in a single layer (you may need to work in batches). Cook for 8 to 10 minutes until lightly browned. Serve hot.

CHINESE FIVE-SPICE ZUCCHINI FRIES

EASY | FAMILY FAVORITE

These not-too-spicy zucchini fries will win over veggie-haters. They're a great way to use up excess zuke in the summer.

Start to Finish 25 minutes
(15 minutes active)
Servings 6

- **2 large zucchini, cut into sticks**
- **2 tablespoons olive oil**
- **1 tablespoon Chinese five-spice powder**
- **2 teaspoons sea salt**
- **1 teaspoon ground black pepper**
- **Sweet chili sauce**

1 Preheat air fryer to 400 F.
2 In a large bowl, toss zucchini sticks, oil, five-spice powder, salt and pepper until coated.
3 Place sticks in basket or rack of air fryer. Cook 5 minutes, then shake and cook an additional 5 minutes until crisp. Serve with sweet chili sauce on the side.

INNAMON SUGAR PPLE CHIPS

SY | KID-FRIENDLY

neycrisp apples have an al mix of sweetness and tness for these chips.

t to Finish 20 minutes
inutes active)
es 4

- **Honeycrisp apples, cored**
- **ablespoon sugar**
- **easpoon ground cinnamon**
- **egetable cooking spray**

eat air fryer to 400 F.
pples into ⅛-inch slices.
3 In a small bowl, mix sugar and cinnamon; lightly sprinkle apple slices with mixture.
4 Spray air fryer basket with vegetable cooking spray. Place apples in a single layer in basket (you may need to work in batches). Cook for 4 minutes and flip, cooking for another 4 minutes. Place on a wire rack.
5 Store any leftovers in an airtight container.

Sweet Potato Tots

SWEET POTATO TOTS

CLASSIC | KID-FRIENDLY

Once you see how simple these are in the air fryer, you won't be reaching for them in your grocer's freezer!

Start to Finish 40 minutes
(25 minutes active)
Servings 4

- **2 sweet potatoes, peeled**
- **1 tablespoon potato starch or cornstarch**
- **⅛ teaspoon garlic powder**
- **1¼ teaspoons kosher salt, divided**
- **Vegetable cooking spray**
- **Ketchup**

1 Bring a medium pot of water to a boil over high heat. Add potatoes; cook 15 minutes. Remove from water; let cool.
2 Working over a medium bowl, grate potatoes using large holes of a box grater. Gently toss with potato starch, garlic powder and 1 teaspoon salt. Shape mixture into about 48 (1-inch) tot-shaped cylinders.
3 Preheat air fryer to 400 F.
4 Lightly spray air fryer basket or tray with vegetable cooking spray.
5 Place tots in a single layer in basket (you may need to work in batches), and spray with vegetable cooking spray. Cook 12 to 14 minutes until slightly browned, flipping halfway through.
6 Remove from air fryer; sprinkle each batch with ⅛ teaspoon salt. Serve immediately with ketchup on the side, if desired.

these chops with our Crispy ke Hearts (pg. 102).

½ cup seasoned Italian breadcrumbs
2 tablespoons chopped Italian parsley
1 egg
½ cup shredded mozzarella cheese
1 cup marinara sauce
Basil leaves

1 Preheat air fryer to 380 F.
2 Spray basket or tray with vegetable cooking spray.
3 Season pork chops with salt, pepper and garlic powder. In a medium bowl, mix together Parmesan cheese, breadcrumbs and chopped parsley.
4 In a shallow bowl, beat egg.
5 Dip each chop in egg, then dredge in breadcrumb mixture, coating completely. Lightly spray both sides of each chop with cooking spray.
6 Place chops in basket; cook for 8 to 12 minutes, flipping after 6 minutes. Top with cheese; cook 2 more minutes to melt cheese.
7 Serve warm with individual portions of marinara sauce on the side; garnish with basil leaves.

BEEF RIB-EYE STEAKS WITH HERBED GARLIC BUTTER

CLASSIC | FAMILY FAVORITE

This is best with fresh herbs; if you only have dried, rub them with your fingers to enhance their flavor before adding.

Start to Finish 20 minutes
(10 minutes active)
Servings 2

Vegetable cooking spray
2 tablespoons butter, at room temperature
1 teaspoon chopped parsley
1 teaspoon chopped oregano
1 teaspoon chopped basil
1 teaspoon minced garlic
2 (12-ounce) boneless rib-eye steaks
1 teaspoon kosher salt
½ teaspoon ground black pepper
Basil leaves

1 Preheat air fryer to 400 F.
2 Spray rack with cooking spray.
3 In a small bowl, combine butter, parsley, oregano, basil and garlic. Mix well; set aside.
4 Sprinkle steaks with salt and pepper.
5 Place steaks in basket or rack, and cook for 3 minutes; flip and cook for an additional 3 minutes.
6 Top with herbed garlic butter, garnish with basil leaves and serve.

Cook's Notes

A rib-eye is a well-marbled steak that is one of the most tender cuts of meat. When cooked, the fat tenderizes the meat and gives it incredibly rich, strong flavor. That's why you'll find it used in simple preparations like this.

Beef Rib-Eye Steaks With Herbed Garlic Butter

Baby Back Ribs

Cook's Notes

Baby back ribs are shorter than some other cuts, like St. Louis ribs. They aren't as meaty as country-style ribs, but they've got a good amount of meat while still being lean. They cook well in an air fryer, which keeps them moist.

BABY BACK RIBS

EASY | FAMILY FAVORITE | KID-FRIENDLY

Liquid smoke gives a just-off-the-grill flavor to these succulent ribs.

Start to Finish 50 minutes (5 minutes active)
Servings 2

- Vegetable cooking spray
- 1 rack baby back ribs
- 1 tablespoon canola oil
- 1 tablespoon liquid smoke
- 2 teaspoons kosher salt
- 1 teaspoon ground black pepper
- 1 teaspoon chili powder
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon brown sugar
- Barbecue sauce of your choice

1 Preheat air fryer to 400 F.
2 Spray basket or tray with cooking spray.
3 Cut rack of ribs into sections to fit air fryer. Pat ribs dry with paper towel, then rub all over with oil and liquid smoke.
4 In a small bowl, combine salt, pepper, chili powder, onion powder, garlic powder and brown sugar. Sprinkle the seasonings over the ribs.
5 Cook for 30 to 40 minutes. Brush with barbecue sauce and cook for 5 more minutes.

CORN DOGS

CLASSIC | KID-FRIENDLY

Corn dogs bring out the kid in all of us. Try these with similar sausages, or even veggie dogs.

Start to Finish 45 minutes (10 minutes active)
Servings 8

Corn Dogs

- 1 (6.5-ounce) package cornbread mix
- ⅔ cup milk
- 1 egg
- 1 teaspoon sugar
- 6 wooden skewers
- 8 hot dogs
- Ketchup and mustard

1 Preheat air fryer to 350 F.
2 Cut a piece of parchment to fit bottom of air fryer basket or tray.
3 In a bowl, whisk together cornbread mix, milk, egg and sugar until smooth. Pour into a tall glass.

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ENERAL TSO'S CHICKEN

SSIC | EASY | FAMILY FAVORITE

mouthwatering sauce is cious on lots of other yer–cooked proteins, shrimp, beef or tofu.

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and toss to coat. Top with scallions and sesame seeds.

NASHVILLE HOT CHICKEN SANDWICH

CLASSIC | COMFORT FOOD

There are several variations of this spicy Tennessee specialty, but they all include pickles!

Start to Finish 30 minutes
(15 minutes active)
Servings 4

- Vegetable cooking spray
- 1 cup buttermilk
- 2 eggs
- ½ cup plus 1 tablespoon hot wing sauce, divided
- 1 (5-ounce) box Louisiana Fish Fry Air Fryer Seasoned Coating Mix for Chicken
- 4 boneless, skinless chicken thighs
- 1 tablespoon brown sugar
- 1 teaspoon black pepper
- ½ teaspoon garlic powder
- 4 hamburger buns
- 1 cup shredded iceberg lettuce
- 8 tomato slices
- Dill pickle chips

1 Preheat air fryer to 400 F.
2 Spray basket or tray with vegetable cooking spray.
3 In a shallow bowl, whisk together buttermilk, eggs and 1 tablespoon hot sauce. In a second shallow bowl, add seasoned coating mix. Dip each chicken thigh in buttermilk mixture, then dredge in coating mix, pressing to adhere.
4 Spray all sides of chicken thighs with cooking spray and place in air fryer basket or tray.
5 Cook 14 to 16 minutes or until coating is crispy and chicken is cooked through.
6 While chicken cooks, in a small saucepan over low heat, combine remaining hot sauce, brown sugar, black pepper and garlic powder, whisking until sugar dissolves and mixture is heated through.
7 Remove chicken from air fryer and place in a large bowl; add sauce and toss to coat. Place a piece of chicken on each bottom bun. Top with shredded lettuce, tomato slices and pickles; replace top bun.

CHICKEN AND DRESSING CAKES

COMFORT FOOD | EASY | KID-FRIENDLY

These are like a roast chicken dinner in a single patty (also try them with ground turkey).

Start to Finish 22 minutes
(10 minutes active)
Servings 8

- Vegetable cooking spray
- 1 pound ground chicken
- 1 cup dressing mix (like Stove Top Stuffing)
- ¼ cup plain Greek yogurt
- ½ cup grated Parmesan cheese
- 1 tablespoon chopped parsley
- 1 teaspoon onion powder
- ½ teaspoon kosher salt
- ½ teaspoon garlic powder
- ½ teaspoon Italian seasoning
- Sour cream and chopped chives, optional

1 Preheat air fryer to 400 F.
2 Spray basket or tray with cooking spray.
3 In a large bowl, combine chicken and next 8 ingredients; mix well. Form mixture into 8 patties.
4 Place cakes in basket or tray (you may need to work in batches) and cook for 12 minutes, flipping halfway through cooking, until outside is golden brown.
5 Garnish with sour cream and chopped chives, if desired.

Nashville Hot Chicken Sandwich

Cook's Notes

There are several recipes for Nashville hot chicken, all closely guarded by restaurateurs who specialize in these sandwiches. Most recipes use lard in the spice mixture. The brand of coating mix we use is designed for air fryers and gives a crispy coating without all the fat.

ESAME CHICKEN BOWL

SY | FAMILY FAVORITE | KID-FRIENDLY

o tip: peel ginger with a oon; it glides over the bumpy rface better than a knife can.

rt to Finish 45 minutes minutes active)
vings 4

pound boneless, skinless chicken breast, cut into bite-size pieces
ablespoons rice vinegar
ablespoon soy sauce
easpoons minced fresh nger
rlic clove, minced
aspoon kosher salt
spoon freshly ground black per
te rice
e eggs, beaten
ornstarch
ry sauce of your choice
ed white rice, bean
ts, scallions, cilantro and matchstick carrots
d and black e seeds

m bowl, combine sauce, vinegar, ginger, d pepper, tossing to inate for 20 minutes. fryer to 400 F. r basket or tray nt.

4 In a small bowl, beat eggs. In a shallow bowl, add cornstarch.
5 Remove chicken from marinade; discard. Dip chicken in beaten eggs, then dredge in cornstarch.
6 Spray chicken with cooking spray. Cook for 8 to 10 minutes, flip, spray again, and cook for 7 minutes more.
7 Remove from fryer; toss with stir-fry sauce. Serve over rice and top with bean sprouts, scallions, cilantro sprigs and carrots; garnish with sesame seeds.

RANCH-CRUSTED CHICKEN BREASTS

EASY | FAMILY FAVORITE | KID-FRIENDLY

A coating of ranch dressing helps the breading adhere to the chicken.

Start to Finish 20 minutes
(5 minutes active)
Servings 4

Vegetable cooking spray
¾ cup ranch dressing
½ cup Italian breadcrumbs
4 boneless, skinless chicken breasts
Oregano sprigs

1 Preheat air fryer to 350 F.
2 Spray basket or tray with vegetable cooking spray.
3 In a shallow bowl, pour ranch dressing. In another shallow bowl, place breadcrumbs.
4 Dip each chicken breast in dressing, then dredge in breadcrumbs.
5 Place chicken in prepared basket or tray. Spray with vegetable cooking spray.
6 Cook for 8 minutes, then flip and cook for an additional 7 minutes.
7 Garnish with oregano sprigs.

HERBED BUTTER TURKEY BREAST

EASY | PARTY-WORTHY

Fresh herbs elevate this turkey into a dish you could proudly serve to guests.

Start to Finish 1 hour 30 minutes
(15 minutes active)
Servings 4

Vegetable cooking spray
2 tablespoons butter, softened
2 pounds bone-in, skin-on turkey breast half
1 teaspoon kosher salt
1 teaspoon chopped fresh thyme leaves
1 teaspoon chopped fresh sage leaves
½ teaspoon ground black pepper
Thyme sprigs and sage leaves

1 Preheat air fryer to 325 F.
2 Cut 8-inch round of parchment paper and place in bottom of air fryer basket or tray. Spray with vegetable cooking spray.
3 Pat turkey dry. Rub softened butter on all surfaces. Sprinkle with salt, thyme, sage and pepper. Place skin side up in basket or tray.
4 Cook 30 minutes. Using tongs, carefully turn turkey over. Cook 30 minutes more or until internal temperature is at least 165 F.
5 Remove from basket; let stand 10 minutes before slicing. Garnish as desired.

Cook's Notes

You don't need pan drippings to make gravy! Finely chop half an onion; saute it in ½ stick of butter. Mince a clove or two of garlic and add to the pot. Stir in ¼ cup of flour and some chopped herbs, then add 2 cups of broth. Bring to a boil, then simmer until thickened.

Ranch-Crusted Chicken Breasts

BUTTERMILK FRIED CHICKEN

COMFORT FOOD | KID-FRIENDLY

Simple and basic—but far from boring!

Start to Finish 2 hours (15 minutes active)
Servings 4

- 1 cup buttermilk
- ¼ cup hot sauce
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 2 teaspoons salt, divided
- 1½ teaspoons ground black pepper, divided
- 2 pounds chicken pieces
- Vegetable cooking spray
- 1 cup all-purpose flour
- ½ cup cornstarch
- Chopped parsley

1 In a large bowl, combine buttermilk, hot sauce, paprika, garlic powder, 1 teaspoon salt and ½ teaspoon pepper. Add chicken pieces; mix to combine. Cover and marinate 1 hour or up to 24 hours.
2 Preheat air fryer to 375 F.
3 Spray basket or tray with cooking spray.
4 In a medium shallow bowl, mix flour, cornstarch and remaining salt and pepper.
5 Dredge each piece of chicken in flour mixture; press on additional flour mixture to form thick crust.
6 Arrange pieces in a single layer in basket or tray (you may need to work in batches). Spray with cooking spray.
7 Cook for 15 minutes; flip and spray other side with cooking spray. Cook for 15 minutes longer. Garnish with chopped parsley.

SPICY CHICKEN THIGHS

CLASSIC | COMFORT FOOD | EASY

A touch of pepper in the marinade brings the heat!

Start to Finish 24 hours 40 minutes (20 minutes active)
Servings 4

- Vegetable cooking spray
- 2 cups whole buttermilk
- 1 teaspoon paprika
- ½ teaspoon cayenne pepper
- ½ teaspoon ground black pepper
- 4 boneless, skinless chicken thighs
- 1 cup all-purpose flour
- 2 large eggs
- 2 tablespoons water
- 2 cups panko breadcrumbs
- ½ teaspoon kosher salt
- 2 teaspoons hot sauce
- Sliced jalapeño and red pepper flakes, optional

1 In a large bowl, combine buttermilk, paprika, cayenne pepper and black pepper. Add chicken thighs; turn to coat. Cover; marinate in refrigerator overnight.
2 Preheat air fryer to 400 F.
3 Spray basket or tray with cooking spray.
4 In a shallow dish, place flour. In a second shallow dish, whisk together eggs and water. In a third shallow dish, place breadcrumbs.
5 Remove chicken from marinade; discard. Sprinkle chicken with salt. Dredge in flour, shaking off excess. Dip in egg mixture, then roll in breadcrumbs, pressing to adhere. Place chicken in basket or tray; cook for 16 minutes, flipping halfway through.
6 Drizzle with hot sauce to serve; garnish as desired.

TURKEY FETA BURGER

CLASSIC | COMFORT FOOD | EASY

A feta-and-spinach topping makes these burgers unique.

Start to Finish 25 minutes (10 minutes active)
Servings 2

- 8 ounces ground turkey breast
- 1½ tablespoons olive oil
- 2 teaspoons chopped fresh oregano
- 1 teaspoon minced garlic
- ½ teaspoon crushed red pepper
- ¼ teaspoon kosher salt
- ½ cup baby spinach leaves
- ¼ cup thinly sliced red onion
- ½ tablespoon red wine vinegar
- ¼ cup crumbled feta cheese
- 2 whole-wheat burger buns

1 Preheat air fryer to 360 F.
2 Spray basket or tray with cooking spray.
3 In a large bowl, mix turkey, oil, oregano, garlic, pepper and salt.
4 Form mixture into 2 (½-inch-thick) patties. Place in basket or tray; cook for 15 minutes, flipping halfway through.
5 In a small bowl, toss spinach, onion, vinegar and feta. Place burgers on bottom buns. Top with spinach mixture and buns tops.

Cook's Notes

Many recipes call for poultry to be marinated in buttermilk. That's because buttermilk is acidic, so it breaks down proteins and makes the cooked chicken or turkey much more tender and moist. If you have time, aim for a 24-hour marination period.

egant
er party.

mixture and cook 5 more
or until potatoes are
ausage is cooked through,
np are bright red.
n large pan; repeat with
g food. Serve with lemon
nd bay leaves.

BREADED
OPS

COMFORT FOOD
VORITE

panko and potato
eps the scallops juicy.

ish 25 minutes
active)

spoons all-purpose flour
egg
tato flakes
asoned panko
crumbs
on salt
on ground
pepper
ea scallops
1 pound)
ble cooking spray
edges, cracked black

fryer to 400 F.
ase basket or tray

3 In a shallow bowl, place flour. In a second bowl, lightly beat egg. In a third bowl, toss potato flakes, breadcrumbs, salt and pepper.
4 Toss scallops with flour to coat. Dip in egg, then in potato mixture, patting to adhere.
5 Arrange scallops in basket or tray; spray with cooking spray.
6 Cook for 3 to 5 minutes or until golden brown. Turn and cook another 3 to 4 minutes or until golden and scallops are opaque.
7 Garnish with lime wedges and sprinkle with additional pepper.

MINI CRABCAKES

CLASSIC | PARTY-WORTHY

Try these with sauteed greens and roasted potatoes.

Start to Finish 20 minutes
(10 minutes active)
Servings 2

- **¼ cup chopped green bell pepper**
- **2 scallions, sliced**
- **2 tablespoons mayonnaise**
- **2 tablespoons breadcrumbs**
- **1 tablespoon Dijon mustard**
- **1 teaspoon seafood seasoning (like Old Bay)**
- **8 ounces lump crabmeat**
- **Vegetable cooking spray**
- **Lemon slices, chopped parsley, optional**

1 Preheat air fryer to 370 F.
2 In a medium bowl, mix green bell pepper, scallions, mayonnaise, breadcrumbs, mustard and seafood seasoning until combined. Fold in crabmeat.
3 Gently form mixture into 4 small cakes. Spray cakes with cooking spray.
4 Place cakes in air fryer basket or tray and cook for 10 minutes, flipping halfway through.
5 Serve with lemon slices and chopped parsley, if desired.

Cook's Notes

The shrimp boil, with shrimp, corn, potatoes and sausage, originated along the South Carolina and Georgia coasts. It's less spicy than the New Orleans version, which adds cayenne and crawfish. Feel free to adapt this recipe to make it New Orleans style!

Cook's Notes

We're all accustomed to being able to buy every type of produce any time of the year, but a simple dish like this is best when you work with the seasonal harvest. Try it in autumn, when root vegetables like the ones used here are at the peak of flavor.

PERFECT SWEET POTATOES

COMFORT FOOD | EASY | FAMILY FAVORITE

A hint of cinnamon is the secret!

Start to Finish 60 minutes
(5 minutes active)
Servings 4

- **2 medium-size sweet potatoes, washed and dried**
- **1 tablespoon olive oil**
- **1 teaspoon kosher salt**
- **¼ cup sugar**
- **1 tablespoon ground cinnamon**
- **2 teaspoons butter, divided**

1 Preheat air fryer to 400 F.
2 Using a fork, poke several holes in sweet potatoes. Drizzle with oil; rub into skin, then sprinkle with salt. Place in air fryer basket or tray.
3 Cook 40 minutes or until fork-tender. Remove potatoes from air fryer and let cool for 5 minutes.
4 In a small bowl, mix sugar and cinnamon. Split potatoes lengthwise; sprinkle cut surfaces with cinnamon sugar mixture. Top with butter.

HERBED ROOT VEGETABLES

CLASSIC | EASY

Use whatever's freshest at the market for this dish.

Start to Finish 35 minutes
(10 minutes active)
Servings 8

- **¼ cup extra-virgin olive oil**
- **1 tablespoon minced rosemary**
- **1 tablespoon chopped parsley**
- **4 cloves garlic, finely minced**
- **1 teaspoon kosher salt**
- **½ teaspoon ground black pepper**
- **1 pound baby red potatoes, halved**
- **2 shallots, halved**
- **½ pound carrots, cut into 2-inch pieces**
- **1 red onion, quartered**
- **1 yellow onion, quartered**
- **4 small beets**
- **Rosemary sprigs, chopped parsley, optional**

1 Preheat air fryer to 400 F.
2 In a small bowl, combine olive oil, rosemary, parsley, garlic, salt and pepper.
3 In a large bowl, place potatoes, shallots, carrots, red onion, yellow onion and beets; add olive oil mixture and toss to coat.
4 Place vegetables in a single layer in basket or tray of air fryer (you may need to work in batches).
5 Cook for 15 to 20 minutes or until browned. Serve warm and garnish with rosemary sprigs and chopped parsley, if desired.

BROCCOLI WITH CHEESE SAUCE

COMFORT FOOD | EASY | FAMILY FAVORITE

Melted cheese makes broccoli even better!

Start to Finish 15 minutes
(10 minute active)
Servings 4

- **1 broccoli head, cut into florets**
- **1 tablespoon olive oil**
- **2 teaspoons kosher salt, divided**
- **2 teaspoons freshly ground black pepper, divided**
- **¼ cup butter**
- **¼ cup flour**
- **1½ cups heavy cream**
- **1 tablespoon Worcestershire sauce**
- **1 teaspoon paprika**
- **1 teaspoon dry mustard**
- **1½ cups grated cheddar cheese**

1 Preheat air fryer to 325 F.
2 In a large bowl, toss broccoli, olive oil, 1 teaspoon salt and 1 teaspoon pepper.
3 Place broccoli in basket or tray of air fryer. Cook 4 to 5 minutes.
4 In a skillet over medium heat, melt butter; add flour and cook 2 minutes, stirring constantly. Add cream, Worcestershire sauce, paprika, dry mustard, remaining salt and remaining pepper.
5 Add cheese; stir until cheese melts and forms a smooth sauce.
6 In a serving bowl, pour cheese sauce over broccoli.

RATATOUILLE

CLASSIC | PARTY-WORTHY

This hearty vegetable side goes well with almost any protein.

Start to Finish 45 minutes
(10 minutes active)
Servings 4

- **1 small eggplant, peeled and cubed**
- **1 small zucchini, cubed**
- **1 medium tomato, chopped**
- **1 small yellow bell pepper, cubed**
- **1 small orange bell pepper, cubed**
- **1 small purple onion, quartered**
- **2 cloves garlic, crushed**
- **1 tablespoon chopped basil**
- **1 teaspoon chopped oregano**
- **½ teaspoon kosher salt**
- **¼ teaspoon ground black pepper**
- **1 tablespoon extra-virgin olive oil**
- **1 tablespoon white wine**
- **1 teaspoon white wine vinegar**

1 Preheat air fryer to 400 F.
2 In a large bowl, combine all ingredients, mixing to coat.
3 Pour mixture into baking dish; place in basket of air fryer. Cook for 8 minutes. Stir and cook another 8 minutes.
4 Stir and continue cooking, stirring every 5 minutes, for 15 minutes or until vegetables are tender. Serve warm or at room temperature.

ccoli or cauliflower florets, gus, in this recipe.

Spicy Green Beans

basket or rack. Spray with vegetable cooking spray.
6 Cook for 10 minutes, or until nicely browned.

SPICY GREEN BEANS

CLASSIC | FAMILY FAVORITE | PARTY-WORTHY

These Asian-inspired beans can be made without the red pepper flakes if you want to turn down the heat.

Start to Finish 25 minutes
(15 minutes active)
Servings 4

- **1 tablespoon sesame oil**
- **2 teaspoons soy sauce**
- **1 teaspoon seasoned rice wine vinegar**
- **1 clove garlic, minced**
- **½ teaspoon red pepper flakes**
- **1 (12-ounce) bag trimmed green beans**
- **Cilantro sprigs, optional**

1 Preheat air fryer to 400 F.
2 In a medium bowl, whisk together sesame oil, soy sauce, rice wine vinegar, garlic and red pepper flakes. Add green beans and toss to coat. Let marinate for 5 minutes.
3 Place green beans in air fryer basket (you may need to work in batches). Cook 12 minutes, shaking basket halfway through cooking time.
4 Place on serving dish; garnish with cilantro sprigs, if desired.

MASHED-POTATO PANCAKES

COMFORT FOOD | EASY | FAMILY FAVORITE

If you can't find black-eyed pea salsa, Trader Joe's Cowboy Caviar, made with black beans, is a good substitute.

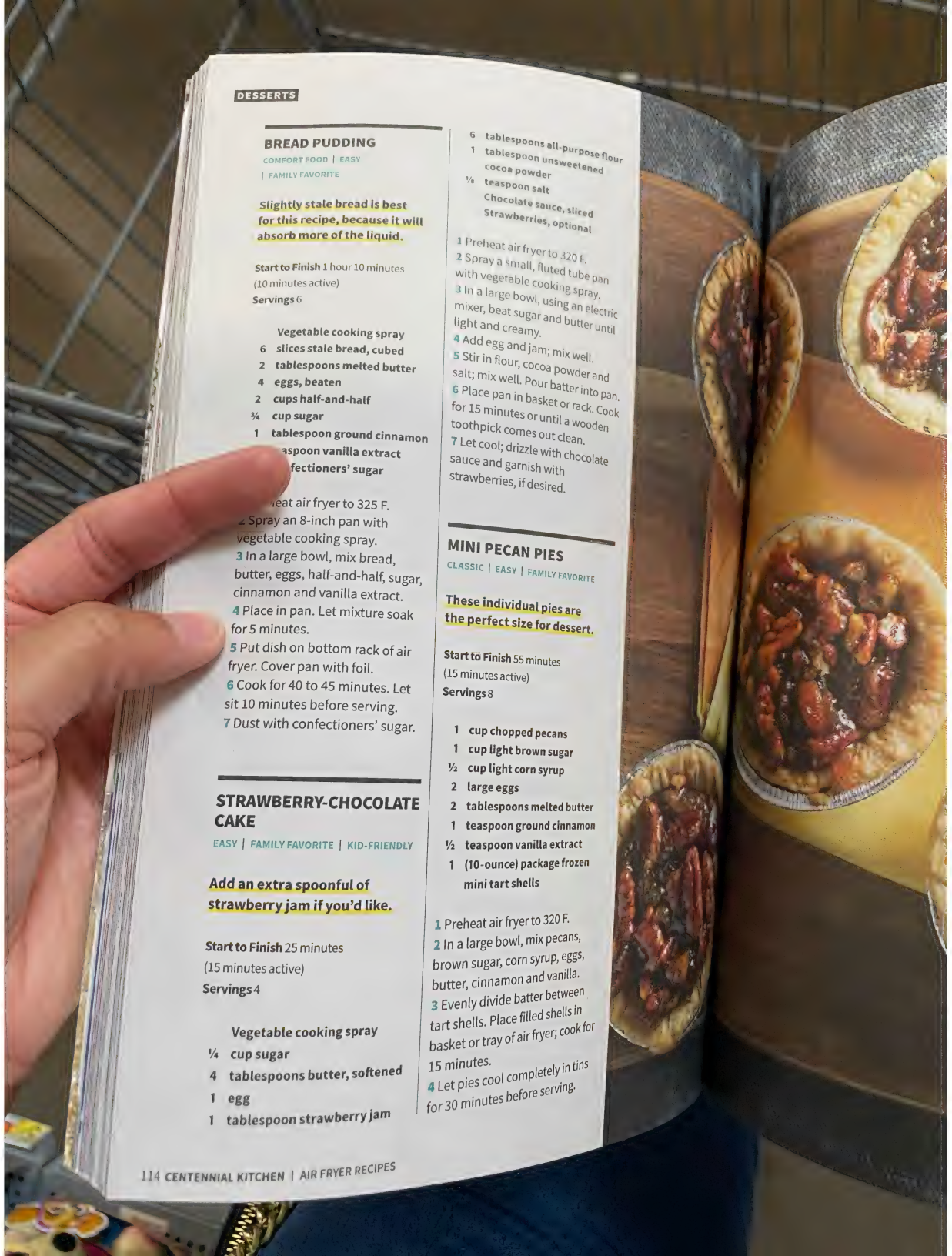
Start to Finish 45 minutes
(20 minutes active)
Servings 8

- **2 cups mashed potatoes, cooled**
- **1 cup shredded cheddar cheese**
- **2 scallions, sliced**
- **2 slices cooked bacon, crumbled**
- **1 egg**
- **2 tablespoons flour**
- **1 cup panko breadcrumbs**
- **½ teaspoon salt**
- **¼ teaspoon ground black pepper**
- **Black-eyed pea salsa**
- **Sliced scallions, optional**

1 Preheat air fryer to 390 F.
2 Place foil over basket or rack in the air fryer.
3 Mix potatoes, cheese, scallions, bacon, egg and flour. Form into 8 patties.
4 In a shallow bowl, add breadcrumbs; coat patties on both sides. Place in freezer for 10 minutes.
5 Place patties in basket or rack of air fryer (you may need to cook in batches). Cook for 10 minutes; flip and cook an additional 5 minutes.
6 Serve with salsa; garnish with scallions, if desired.

Cook's Notes

We served these hush puppies with a spicy cocktail sauce, but they'd also be tasty with a number of creamier options. Try them with a caper mayonnaise, an herbed aioli or a whole-grain mustard and honey sauce.



BREAD PUDDING

COMFORT FOOD | EASY | FAMILY FAVORITE

Slightly stale bread is best for this recipe, because it will absorb more of the liquid.

Start to Finish 1 hour 10 minutes (10 minutes active)
Servings 6

- Vegetable cooking spray
- 6 slices stale bread, cubed
- 2 tablespoons melted butter
- 4 eggs, beaten
- 2 cups half-and-half
- ¾ cup sugar
- 1 tablespoon ground cinnamon
- [illegible]aspoon vanilla extract
- [illegible]fectioners' sugar

1 [illegible]eat air fryer to 325 F.
2 Spray an 8-inch pan with vegetable cooking spray.
3 In a large bowl, mix bread, butter, eggs, half-and-half, sugar, cinnamon and vanilla extract.
4 Place in pan. Let mixture soak for 5 minutes.
5 Put dish on bottom rack of air fryer. Cover pan with foil.
6 Cook for 40 to 45 minutes. Let sit 10 minutes before serving.
7 Dust with confectioners' sugar.

STRAWBERRY-CHOCOLATE CAKE

EASY | FAMILY FAVORITE | KID-FRIENDLY

Add an extra spoonful of strawberry jam if you'd like.

Start to Finish 25 minutes (15 minutes active)
Servings 4

- Vegetable cooking spray
- ¼ cup sugar
- 4 tablespoons butter, softened
- 1 egg
- 1 tablespoon strawberry jam
- 6 tablespoons all-purpose flour
- 1 tablespoon unsweetened cocoa powder
- ⅛ teaspoon salt
- Chocolate sauce, sliced Strawberries, optional

1 Preheat air fryer to 320 F.
2 Spray a small, fluted tube pan with vegetable cooking spray.
3 In a large bowl, using an electric mixer, beat sugar and butter until light and creamy.
4 Add egg and jam; mix well.
5 Stir in flour, cocoa powder and salt; mix well. Pour batter into pan.
6 Place pan in basket or rack. Cook for 15 minutes or until a wooden toothpick comes out clean.
7 Let cool; drizzle with chocolate sauce and garnish with strawberries, if desired.

MINI PECAN PIES

CLASSIC | EASY | FAMILY FAVORITE

These individual pies are the perfect size for dessert.

Start to Finish 55 minutes (15 minutes active)
Servings 8

- 1 cup chopped pecans
- 1 cup light brown sugar
- ½ cup light corn syrup
- 2 large eggs
- 2 tablespoons melted butter
- 1 teaspoon ground cinnamon
- ½ teaspoon vanilla extract
- 1 (10-ounce) package frozen mini tart shells

1 Preheat air fryer to 320 F.
2 In a large bowl, mix pecans, brown sugar, corn syrup, eggs, butter, cinnamon and vanilla.
3 Evenly divide batter between tart shells. Place filled shells in basket or tray of air fryer; cook for 15 minutes.
4 Let pies cool completely in tins for 30 minutes before serving.

Cook's Notes

The classic marshmallows found in supermarkets are usually used in s'mores; however, they're made with gelatin—an animal product—so they're not suitable for all diets. There are several brands of vegan marshmallows available that can be substituted here.

BLUEBERRY PIE EGG ROLLS

FAMILY FAVORITE | PARTY-WORTHY

Pop these in as you're finishing dinner, and they'll be ready by the time the coffee's brewed.

Start to Finish 20 minutes
(10 minutes active)
Servings 10

- Vegetable cooking spray
- ½ (16-ounce) package egg roll wrappers
- 1 (21-ounce can) blueberry pie filling
- Confectioners' sugar

1 Preheat air fryer to 320 F.
2 Spray basket or tray with vegetable cooking spray.
3 On a cutting board, place two wrappers so edges overlap. Place 2 tablespoons of pie filling in center of wrapper.
4 Dip a pastry brush in water; brush all edges of wrappers with water, then roll up, tucking sides in. Repeat with remaining wrappers.
5 Place egg rolls in basket or tray. Cook for 5 minutes or until browned.
6 Dust with confectioners' sugar and serve warm.

FRIED S'MORES

CLASSIC | COMFORT FOOD | EASY

Bring this beloved campfire treat indoors with an air fryer.

Start to Finish 10 minutes
(5 minutes active)
Servings 4

- Vegetable cooking spray
- 8 graham cracker squares
- 4 jumbo marshmallows
- 12 squares of a milk chocolate bar

1 Preheat air fryer to 390 F.
2 Spray basket or tray with vegetable cooking spray.
3 Place 4 graham cracker squares in basket or tray. Place 3 chocolate squares on each cracker.
4 Place basket in air fryer; cook for 1 minute. Remove air fryer basket; place a marshmallow on top of melted chocolate, pressing down lightly.
5 Place basket back into air fryer; cook for 2 minutes or until marshmallows are puffed and brown on top.
6 Use tongs to remove crackers from air fryer basket. Top each marshmallow with a cracker square; serve immediately.

CHOCOLATE FUNNEL CAKES

EASY | KID-FRIENDLY

This is a yummy twist on the carnival classic.

Start to Finish 13 minutes
(10 minutes active)
Servings 6

- Vegetable cooking spray
- 1 cup all-purpose flour
- 2 tablespoons cocoa powder
- 1 teaspoon baking powder
- 1 teaspoon salt
- ¾ cup milk
- 1 egg
- 1 teaspoon vanilla extract
- Confectioners' sugar

1 Preheat air fryer to 370 F.
2 Spray basket or tray with vegetable cooking spray.
3 In a large bowl, combine flour, cocoa, baking powder and salt. Mix in milk, egg and vanilla.
4 If using a funnel, cover the hole and pour ⅛ of batter in; if using a plastic bag, pour ⅛ of batter in (you'll cut a hole in a corner to pour batter into air fryer).
5 Dispense batter in a swirling motion into basket or tray. Repeat with remaining batter (you may need to work in batches).
6 Cook for 1½ minutes, then flip, spray again and cook an additional 1½ minutes.
7 Serve warm, sprinkled with confectioners' sugar.

Blueberry Pie Egg Rolls

Layered Kiwi Avocado Pineapple

Layered Kiwi Avocado Pineapple Smoothie

DAIRY-FREE; GLUTEN-FREE; NUT-FREE; VEGAN

Kiwi and pineapple are rich sources of vitamin C, while avocado and coconut deliver healthy fats associated with satiety, weight control and cardiovascular disease-prevention.

PREP 5 minutes
MAKES 2 servings (About 1.5 cup or 12 fluid ounces each)

INGREDIENTS

FIRST LAYER

- ½ cup unsweetened coconut milk
- Squeeze of lime juice
- 1 teaspoon honey or light agave nectar
- 1 peeled and diced kiwi
- 1 small peeled and diced avocado

SECOND LAYER

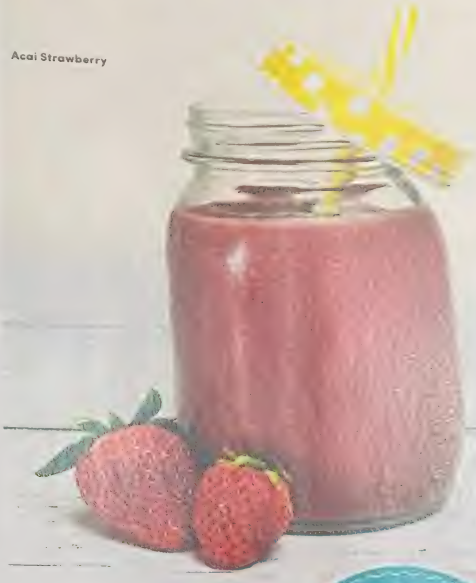
- ¼ cup coconut yogurt alternative
- 1 cup pineapple chunks
- **OPTIONAL GARNISH:** Kiwi slices

INSTRUCTIONS

1. Place first 5 ingredients in the blender jar, in the order listed. Blend on low speed for 10 seconds, stopping to scrape down the sides of the jar with a spatula if needed. The mixture should be thick enough to provide a base for the lighter second layer; adjust with a splash of coconut milk, if needed.
2. Divide kiwi-avocado mixture between 2 glasses. Rinse blender. Add remaining ingredients. Blend on low speed for 10 seconds, stopping to scrape down the sides of the jar with a spatula if needed. Blend on high speed for 15 seconds to fully mix.
3. Divide mixture between the two glasses. Serve immediately.

Calories 217; Fat 13g (Sat 3.1g; Mono 7.4g; Poly 1.5g); Protein 2g; Carbohydrate 27g (Fiber 8g; Sugars 15g); Cholesterol 0mg; Sodium 25mg; Calcium 183mg

Acai Strawberry



Acai Strawberry Smoothie

DAIRY-FREE; GLUTEN-FREE; VEGAN

Acai, an Amazonian "superfruit" that's powerfully high in inflammation-fighting antioxidants, is readily available as packets of frozen pulp in most large supermarkets. Look for unsweetened options to avoid added sugars.

PREP 5 minutes
MAKES 1 serving (About 2 cups or 16 fluid ounces)

INGREDIENTS

- 1 cup unsweetened almond milk
- ¼ cup pomegranate juice
- 1 tablespoon almond butter
- 1 teaspoon honey or light agave nectar
- 1 (3.5-ounce) packet frozen acai pulp, lightly defrosted
- ½ cup sliced strawberries

Quick Tip

Remove acai packets from the freezer about 10 minutes before making a smoothie. Break the pulp up in the packet, then snip it open with a pair of scissors and pour it into the jar of your blender.

INSTRUCTIONS

Place ingredients in the blender jar, in the order listed. Blend on low speed for 10 seconds, stopping to scrape down the sides of the jar with a spatula if needed. Blend on high speed for 15 seconds to fully mix. Serve immediately.

Calories 331; Fat 15g (Sat 2.1g; Mono 6.7g; Poly 3.1g); Protein 6g; Carbohydrate 45g (Fiber 7g; Sugars 37g); Cholesterol 0mg; Sodium 225mg; Calcium 570mg

Watermelon Mint

atermelon Mint
ıoothie

TEN-FREE; NUT-FREE

mint and ice make this extra refreshing and quenching.

minutes
servings (About 1 cup or unces each)

IENTS
low-fat vanilla yogurt
peeled and cubed rmelon
spoon chopped mint leaves e cubes
NAL GARNISH: Mint sprig

IONS
dients in the blender jar, in ted. Blend on low speed ds, stopping to scrape les of the jar with a spatula if needed. Blend on high speed for 15 seconds to fully mix. Serve immediately.

Calories 88; Fat 1g (Sat 0.5g; Mono 0.3g; Poly 0.1g); Protein 4g; Carbohydrate 17g (Fiber 1g; Sugars 16g); Cholesterol 3mg; Sodium 32mg; Calcium 118mg

Pineapple Coconut Smoothie

DAIRY-FREE; GLUTEN-FREE; NUT-FREE; VEGAN

With its blend of coconut and pineapple, the classic Piña Colada cocktail is practically a smoothie already.

PREP 5 minutes
MAKES 1 serving (About 1.5 cups or 12 fluid ounces)

INGREDIENTS

- ½ cup coconut yogurt alternative
- Squeeze of lime juice
- 1 cup pineapple chunks
- 1 tablespoon unsweetened coconut flakes

OPTIONAL GARNISHES: Coconut flakes, lime zest

INSTRUCTIONS

Place ingredients in the blender jar, in the order listed. Blend on low speed for 10 seconds, stopping to scrape down the sides of the jar with a spatula if needed. Blend on high speed for 15 seconds to fully mix. Serve immediately.

Calories 198; Fat 7g (Sat 5.5g; Mono 0g; Poly 0g); Protein 1g; Carbohydrate 35g (Fiber 7g; Sugars 25g); Cholesterol 0mg; Sodium 25mg; Calcium 306mg

Pineapple Mango Smoothie

DAIRY-FREE; GLUTEN-FREE; NUT-FREE; VEGAN

Pineapple is rich in vitamin C and manganese, a mineral important to bone health—plus, it contains a small amount of fiber.

PREP 5 minutes
MAKES 1 serving (About 1.5 cups or 12 fluid ounces)

INGREDIENTS

- ½ cup unsweetened coconut milk
- ½ cup coconut yogurt alternative
- ½ cup pineapple chunks
- ½ cup mango chunks
- ½ peeled and sliced banana

OPTIONAL GARNISHES: Coconut flakes, sliced banana

INSTRUCTIONS

Place ingredients in the blender jar, in the order listed. Blend on low speed for 10 seconds, stopping to scrape down the sides of the jar with a spatula if needed. Blend on high speed for 15 seconds to fully mix. Serve immediately.

Calories 226; Fat 6g (Sat 5.5g; Mono 0g; Poly 0.1g); Protein 2g; Carbohydrate 43g (Fiber 6g; Sugars 30g); Cholesterol 0mg; Sodium 46mg; Calcium 40mg

Quick Tip

To peel a citrus fruit, make two small horizontal slices from the top and bottom with a chef's knife, then slice downward in a curving motion to remove the peel and the pith.

Creamy Orange Juice (Dreamsicle)

Peach Raspberry

Watermelon Strawberry

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INSTRUCTION
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*Calories 276; Fat 5g (
Poly 0.2g); Protein 12
(Fiber 3g; Sugars 47g;
Sodium 156mg; Calci*

Peach Raspbe Smoothie

GLUTEN-FREE; NUT-F

Ricotta cheese and a p
mon gives this blend a
flavor—think peach-be

PREP 5 minutes
MAKES 1 serving (About 1
12 fluid ounces)

INGREDIENTS
½ cup 2% milk
¼ cup part-skim ricotta

Creamy Orange Juice (Dreamsicle) Smoothie

GLUTEN-FREE; NUT-FREE

Powdered milk, a common ingredient in baked goods, helps add creaminess to this blend. For extra fiber and vitamin C, toss in the peel of one mandarin orange, which is softer and thinner than the rinds of common navel or Valencia oranges.

PREP 5 minutes
MAKES 1 serving (About 1.5 cups or 12 fluid ounces)

INGREDIENTS

- ½ cup 2% milk
- ½ cup low-fat vanilla yogurt
- 1 teaspoon honey or light agave nectar
- 1 teaspoon powdered nonfat milk
- 2 mandarin oranges, peeled and separated into segments
- 1 cup ice
- **OPTIONAL GARNISH:** Mandarin orange wheel or zest

INSTRUCTIONS

Place ingredients in the blender jar, in the order listed. Blend on low speed for 10 seconds, stopping to scrape down the sides of the jar with a spatula if needed. Blend on high speed for 15 seconds to fully mix. Serve immediately.

Calories 276; Fat 5g (Sat 2.6g; Mono 0.5g; Poly 0.2g); Protein 12g; Carbohydrate 51g (Fiber 3g; Sugars 47g); Cholesterol 16mg; Sodium 156mg; Calcium 427mg

Peach Raspberry Smoothie

GLUTEN-FREE; NUT-FREE

Ricotta cheese and a pinch of cinnamon gives this blend a slightly savory flavor—think peach-berry cobbler.

PREP 5 minutes
MAKES 1 serving (About 1.5 cups or 12 fluid ounces)

INGREDIENTS

- ½ cup 2% milk
- ¼ cup part-skim ricotta cheese
- 1 teaspoon honey or light agave nectar
- 1 cup sliced peaches
- ½ cup raspberries
- Pinch of cinnamon
- **OPTIONAL GARNISHES:** Raspberries, ground cinnamon

INSTRUCTIONS

Place ingredients in the blender jar, in the order listed. Blend on low speed for 10 seconds, stopping to scrape down the sides of the jar with a spatula if needed. Blend on high speed for 15 seconds to fully mix. Serve immediately.

Calories 270; Fat 8g (Sat 4.6g; Mono 1.5g; Poly 0.5g); Protein 13g; Carbohydrate 40g (Fiber 8g; Sugars 29g); Cholesterol 29mg; Sodium 125mg; Calcium 366mg

Watermelon Strawberry Smoothie

GLUTEN-FREE; NUT-FREE

Just three ingredients add up to a wallop of refreshing flavor. Watermelon is one of the richest sources of lycopene, an antioxidant linked to lowered risk of certain types of cancer.

PREP 5 minutes
MAKES 1 serving (About 1.5 cups or 12 fluid ounces)

INGREDIENTS

- ½ cup low-fat vanilla yogurt
- 1 cup seeded watermelon
- ½ cup sliced strawberries
- **OPTIONAL GARNISH:** Watermelon wedge or skewer of watermelon cubes

INSTRUCTIONS

Place ingredients in the blender jar, in the order listed. Blend on low speed for 10 seconds, stopping to scrape down the sides of the jar with a spatula if needed. Blend on high speed for 15 seconds to fully mix. Serve immediately.

Calories 176; Fat 2g (Sat 1g; Mono 0.5g; Poly 0.2g); Protein 8g; Carbohydrate 35g (Fiber 2g; Sugars 30g); Cholesterol 6mg; Sodium 83mg; Calcium 233mg

Orange-Strawberry Smoothie

GLUTEN-FREE; NUT-FREE

This naturally sweet smoothie is easy to vary; if you don't have strawberries, use raspberries or blackberries instead for a slightly tarter flavor and a deeper color.

PREP 5 minutes
MAKES 6 servings (About 1 cup or 8 fluid ounces each)

INGREDIENTS

- 2¼ cups skim milk
- 3 cups orange juice
- 3 peeled and sliced bananas
- 3 mandarin oranges, peeled and divided into segments
- 3 cups sliced strawberries
- 1½ cups ice cubes

INSTRUCTIONS

Place ingredients in the blender jar, in the order listed. Blend on low speed for 10 seconds, stopping to scrape down the sides of the jar with a spatula if needed. Blend on high speed for 15 seconds to fully mix. Serve immediately.

Calories 188; Fat 0.9g (Sat 0.2g; Mono 0.1g; Poly 0.3g); Protein 6g; Carbohydrate 43g (Fiber 4g; Sugars 31g); Cholesterol 2mg; Sodium 44mg; Calcium 157mg

Quick Tip

Nearly every smoothie recipe easily doubles or triples to make additional servings. If the mixture begins to separate, use an immersion blender to reconstitute directly in the serving pitcher.

Tiramisu Smoothie

GLUTEN-FREE

Rich and indulgent, this spin on the Italian dessert gets creaminess—and 14 grams of protein—from part-skim ricotta cheese.

PREP 5 minutes
MAKES 1 serving (About 2 cups or 16 fluid ounces)

INGREDIENTS

- ½ cup strong brewed, chilled coffee
- ½ cup 2% milk
- Splash of almond extract
- ½ cup part skim ricotta cheese
- ½ peeled and sliced banana
- 1 teaspoon simple syrup
- **OPTIONAL GARNISHES:** Dusting of cocoa powder, sliced almonds

INSTRUCTIONS

Place ingredients in the blender jar, in the order listed. Blend on low speed for 10 seconds, stopping to scrape down the sides of the jar with a spatula if needed. Blend on high speed for 15 seconds to fully mix. Serve immediately.

Calories 306; Fat 13g (Sat 7.6g; Mono 2.9g; Poly 0.4g); Protein 19g; Carbohydrate 28g (Fiber 2g; Sugars 16g); Cholesterol 48mg; Sodium 187mg; Calcium 490mg

Chamomile Strawberry Cream Tea Smoothie

GLUTEN-FREE; NUT-FREE

Sweet strawberries pair perfectly with the floral notes of chamomile tea.

PREP 5 minutes
MAKES 1 serving (About 2 cups or 16 fluid ounces)

INGREDIENTS

- ½ cup strong brewed, chilled chamomile tea
- ¼ cup 2% milk
- ¼ cup 2% Greek yogurt
- 1 teaspoon honey or light agave nectar
- 1 cup strawberries

INSTRUCTIONS

Place ingredients in the blender jar, in the order listed. Blend on low speed for 10 seconds, stopping to scrape down the sides of the jar with a spatula if needed. Blend on high speed for 15 seconds to fully mix. Serve immediately.

Calories 199; Fat 5g (Sat 3g; Mono 0.1g; Poly 0.2g); Protein 13g; Carbohydrate 28g (Fiber 3g; Sugars 24g); Cholesterol 21mg; Sodium 117mg; Calcium 313mg

Matcha Avocado Smoothie

DAIRY-FREE; GLUTEN-FREE; NUT-FREE; VEGAN

Avocado lends this a creamy texture, and, thanks to the unsaturated fats it contains, it's heart-healthy, too.

PREP 5 minutes
MAKES 1 serving (About 2 cups or 16 fluid ounces)

INGREDIENTS

- ¾ cup unsweetened coconut milk
- 1 teaspoon honey or light agave nectar
- 1 teaspoon matcha powder
- 1 mandarin orange, peeled and separated into segments
- ½ small avocado, peeled and diced
- ½ cup ice cubes

INSTRUCTIONS

Place ingredients in the blender jar, in the order listed. Blend on low speed for 10 seconds, stopping to scrape down the sides of the jar with a spatula if needed. Blend on high speed for 15 seconds to fully mix. Serve immediately.

Calories 254; Fat 18g (Sat 4.4g; Mono 9.9g; Poly 1.9g); Protein 3g; Carbohydrate 25g (Fiber 9g; Sugars 14g); Cholesterol 0mg; Sodium 42mg; Calcium 311mg

Cucumber Watermelon (left) and Cucumber Mint Lime

lories 83; Fat 1g (Sat 0.4g; Mono 0.2g; 0.1g); Protein 3g; Carbohydrate 18g er 1g; Sugars 15g); Cholesterol 2mg; ium 24mg; Calcium 78mg

cumber Mint ie Smoothie

EN-FREE; NUT-FREE

cool before or after a workout his refreshing combination.

minutes
1 serving (About 1.5 cups or ounces)

DIENTS
p 2% Greek yogurt
ce and zest of one lime
peeled, seeded and chopped cumber
chopped mint leaves
IONAL GARNISH: Cucumber slice

CTIONS
redients in the blender jar, in listed. Blend on low speed onds, stopping to scrape down the sides of the jar with a spatula if needed. Blend on high speed for 15 seconds to fully mix. Serve immediately.

Calories [illegible] Sat 0.9g; Mono 0g; Poly 0.1g); [illegible] hydrate 15g (Fiber 6g; Sugars [illegible] sterol 0mg; Sodium 38mg; [illegible]

Kale Orange Smoothie

DAIRY-FREE; GLUTEN-FREE; NUT-FREE; VEGAN

Sweet orange juice and pineapple tone down the sharp flavor of curly kale.

PREP 5 minutes
MAKES 2 servings (About 1.5 cups or 12 fluid ounces each)

INGREDIENTS
- 1 cup orange juice
- 1 cup silken tofu
- 2 cups chopped curly kale
- 1½ cups pineapple chunks
- 2 mandarin oranges, peeled and separated into segments

OPTIONAL GARNISH: Orange wedge

INSTRUCTIONS
Place ingredients in the blender jar, in the order listed. Blend on low speed for 10 seconds, stopping to scrape down the sides of the jar with a spatula if needed. Blend on high speed for 15 seconds to fully mix. Serve immediately.

Calories 296; Fat 8g (Sat 0.5g; Mono 0.1g; Poly 0.1g); Protein 18g; Carbohydrate 50g (Fiber 10g; Sugars 32g); Cholesterol 0mg; Sodium 44mg; Calcium 82mg

Cilantro Mango Lime Smoothie

DAIRY-FREE; GLUTEN-FREE; NUT-FREE; VEGAN

Compounds called aldehydes give cilantro its distinctive flavor. Here, they're complemented by coconut, mango, creamy avocado and the warm spice of ginger.

PREP 5 minutes
MAKES 1 serving (About 2 cups or 16 fluid ounces)

INGREDIENTS
- ½ cup unsweetened coconut milk
- juice and zest of half a lime
- ¼ cup chopped cilantro
- ½ peeled and chopped avocado
- 1 teaspoon fresh grated ginger
- ½ cup spinach leaves
- ½ cup mango chunks
- ½ cup ice cubes

INSTRUCTIONS
Place ingredients in the blender jar, in the order listed. Blend on low speed for 10 seconds, stopping to scrape down the sides of the jar with a spatula if needed. Blend on high speed for 15 seconds to fully mix. Serve immediately.

Calories 184; Fat 12g (Sat 2.9g; Mono 6.5g; Poly 1.2g); Protein 3g; Carbohydrate 21g (Fiber 6g; Sugars 11g); Cholesterol 0mg; Sodium 43mg; Calcium 215mg

Zucchini Chocolate Coconut Smoothie

DAIRY-FREE; GLUTEN-FREE; NUT-FREE; VEGAN

Zucchini readily absorbs other flavors, like chocolate and coconut.

PREP 5 minutes
MAKES 1 serving (About 1.5 cups or 12 fluid ounces)

INGREDIENTS
- ¾ cup unsweetened chocolate coconut milk
- 1 tablespoon cocoa powder
- 1 cup chopped zucchini
- 2 tablespoons grated coconut

OPTIONAL GARNISHES: Grated coconut, grated chocolate

INSTRUCTIONS
Place ingredients in the blender jar, in the order listed. Blend on low speed for 10 seconds, stopping to scrape down the sides of the jar with a spatula if needed. Blend on high speed for 15 seconds to fully mix. Serve immediately.

Calories 161; Fat 10g (Sat 7.1g; Mono 0.3g; Poly 0.1g); Protein 5g; Carbohydrate 16g (Fiber 10g; Sugars 5g); Cholesterol 0mg; Sodium 45mg; Calcium 289mg

Cilantro Mango Lime

Zucchini Chocolate Coconut

Carrot Ginger Smoothie

DAIRY-FREE; GLUTEN-FREE; NUT-FREE; VEGAN

This smoothie tastes like carrot cake, thanks to ginger, apple and molasses.

PREP 5 minutes
MAKES 2 servings (About 1 cup or 8 fluid ounces each)

INGREDIENTS

- ½ cup carrot juice
- ½ cup orange juice
- 2 tablespoons sunflower seed butter (can substitute 3 tablespoons roasted sunflower seeds)
- 1 teaspoon molasses
- ½ cup grated carrots
- ½ small cored and chopped apple
- ½ peeled and sliced avocado
- 1 teaspoon fresh grated ginger
- OPTIONAL GARNISH: Baby carrot

INSTRUCTIONS

Place ingredients in the blender jar, in the order listed. Blend on low speed for 10 seconds, stopping to scrape down the sides of the jar with a spatula if needed. Blend on high speed for 15 seconds to fully mix. Serve immediately.

Calories 263; Fat 17g (Sat 1.8g; Mono 11.2; Poly 2.5g); Protein 5g; Carbohydrate 28g (Fiber 7g; Sugars 28g); Cholesterol 0mg; Sodium 55mg; Calcium 45mg

Beet Orange Smoothie

DAIRY-FREE; GLUTEN-FREE; NUT-FREE; VEGAN

Beets contain high levels of nitrates, which the body converts to nitric oxide to help boost blood flow. This wonderfully sweet blend will make a believer out of even the most averse.

PREP 5 minutes
MAKES 1 serving (About 2 cups or 16 fluid ounces)

INGREDIENTS

- 1½ cups orange juice
- 1 small beet, peeled and grated
- 2 mandarin oranges, peeled and separated into segments
- OPTIONAL GARNISH: Beet slice

INSTRUCTIONS

Place ingredients in the blender jar, in the order listed. Blend on low speed for 10 seconds, stopping to scrape down the sides of the jar with a spatula if needed. Blend on high speed for 15 seconds to fully mix. Serve immediately.

Calories 277; Fat 1g (Sat 0.2g; Mono 0.2; Poly 0.3g); Protein 5g; Carbohydrate 65g (Fiber 6g; Sugars 52g); Cholesterol 0mg; Sodium 70mg; Calcium 106mg

Beet Blackberry Smoothie

DAIRY-FREE; GLUTEN-FREE; NUT-FREE; VEGAN

Using a cup of the greens in addition to the beet's root helps boost this smoothie's bone-building calcium content by about 45 milligrams—5% of the daily intake for women and men under age 50.

PREP 5 minutes
MAKES 2 servings (About 1 cup or 8 fluid ounces each)

INGREDIENTS

- 1 cup apple juice
- 1 teaspoon honey or light agave nectar
- 1 small peeled and grated beet
- 1 cup chopped beet greens
- ½ cup blackberries
- OPTIONAL GARNISH: Blackberries

INSTRUCTIONS

Place ingredients in the blender jar, in the order listed. Blend on low speed for 10 seconds, stopping to scrape down the sides of the jar with a spatula if needed. Blend on high speed for 15 seconds to fully mix. Serve immediately.

Calories 120; Fat 0.4g (Sat 0g; Mono 0.2; Poly 0.2g); Protein 6g; Carbohydrate 55g (Fiber 10g; Sugars 42g); Cholesterol 0mg; Sodium 412mg; Calcium 99mg

Spinach Kale Avocado Smoothie

DAIRY-FREE; GLUTEN-FREE; NUT-FREE; VEGAN

Pear adds natural sweetness to this blend of greens and buttery avocado. For extra fiber, leave the peel on; for a smoother texture, remove it before blending.

PREP 5 minutes
MAKES 1 serving (About 2 cups or 16 fluid ounces)

INGREDIENTS

- 1 cup unsweetened soy milk
- ½ cup silken tofu
- Squeeze of lemon juice
- 1 teaspoon honey or light agave nectar
- ½ peeled and chopped avocado
- ½ cored, seeded and chopped pear
- 1 cup chopped lacinato or curly kale
- 1 cup spinach leaves

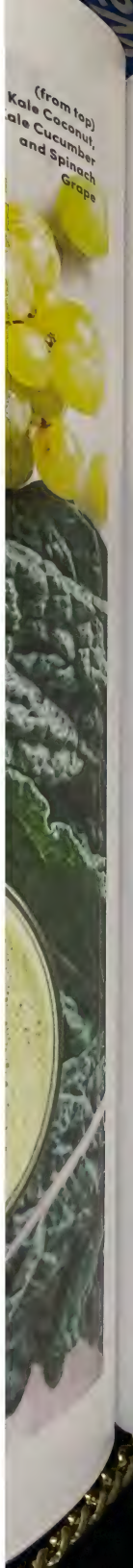
INSTRUCTIONS

Place ingredients in the blender jar, in the order listed. Blend on low speed for 10 seconds, stopping to scrape down the sides of the jar with a spatula if needed. Blend on high speed for 15 seconds to fully mix. Serve immediately.

Calories 380; Fat 24g (Sat 3.2g; Mono 10; Poly 5.4g); Protein 23g; Carbohydrate 29g (Fiber 17g; Sugars 5g); Cholesterol 0mg; Sodium 126mg; Calcium 447mg

Quick Tip

The same colorful antioxidant compounds that deliver beets' health benefits can stain your hands and cutting board; consider wearing disposable gloves when handling.



Kale Coconut Smoothie

DAIRY-FREE; GLUTEN-FREE; NUT-FREE; VEGAN

Lacinato kale has softer leaves, so it's a good option as the main ingredient.

PREP 5 minutes
MAKES 1 serving (About 1.5 cups or 12 fluid ounces)

INGREDIENTS

- ½ cup canned light coconut milk
- ½ cup coconut yogurt alternative
- 1 teaspoon honey or light agave nectar
- ½ peeled and sliced banana
- 1 cup chopped lacinato kale

INSTRUCTIONS

Place ingredients in the blender jar, in the order listed. Blend on low speed for 10 seconds, stopping to scrape down the sides of the jar with a spatula if needed. Blend on high speed for 15 seconds to fully mix. Serve immediately.

Calories 234; Fat 11g (Sat 9.1g; Mono 0; Poly 0.1g); Protein 3g; Carbohydrate 34g (Fiber 4g; Sugars 13g); Cholesterol 0mg; Sodium 66mg; Calcium 355mg

Kale Cucumber Smoothie

DAIRY-FREE; GLUTEN-FREE; VEGAN

A combo of protein-packed soy milk and tofu builds a strong foundation.

PREP 5 minutes
MAKES 1 serving (About 1.5 cups or 12 fluid ounces)

INGREDIENTS

- ½ cup vanilla-flavored soy milk
- ½ cup silken tofu
- 1 teaspoon simple syrup or light agave nectar
- 2 cups chopped lacinato kale
- ½ cup seeded and chopped cucumber
- 2 tablespoons pistachios
- ½ cup ice cubes

INSTRUCTIONS

Place ingredients in the blender jar, in the order listed. Blend on low speed for 10 seconds, stopping to scrape down the sides of the jar with a spatula if needed. Blend on high speed for 15 seconds to fully mix. Serve immediately.

Calories 291; Fat [illegible]; Protein [illegible]; Poly 5.3g); Protein [illegible]; Carbohydrate [illegible] (Fiber 4g; Sugars 9g); Cholesterol [illegible]; Sodium 159mg; Calcium [illegible]

Spinach Grape Smoothie

GLUTEN-FREE; NUT-FREE

Applesauce and grapes make this mix extra-sweet.

PREP 5 minutes
MAKES 1 serving (About 1.5 cups or 12 fluid ounces)

INGREDIENTS

- ½ cup skim milk
- ½ cup 2% Greek yogurt
- ½ cup unsweetened applesauce
- 1 cup spinach leaves
- 1 cup whole green grapes

INSTRUCTIONS

Place ingredients in the blender jar, in the order listed. Blend on low speed for 10 seconds, stopping to scrape down the sides of the jar with a spatula if needed. Blend on high speed for 15 seconds to fully mix. Serve immediately.

Calories 264; Fat 3g (Sat 1.7g; Mono 0; Poly 0.1g); Protein 18g; Carbohydrate 46g (Fiber 3g; Sugars 40g); Cholesterol 15mg; Sodium 116mg; Calcium 320mg

Sweet Potato Carrot Smoothie

GLUTEN-FREE; NUT-FREE

Two orange veggies give you a double dose of vision-aiding antioxidants.

PREP 5 minutes
MAKES 1 serving (About 1.5 cups or 12 fluid ounces)

INGREDIENTS

- ½ cup skim milk
- ½ cup low-fat vanilla yogurt
- 1 teaspoon honey or light agave nectar
  Pulp from one small cooked sweet potato (about 1 cup)
- ½ cup grated carrot
- ½ cup ice cubes

INSTRUCTIONS

Place ingredients in the blender jar, in the order listed. Blend on low speed for 10 seconds, stopping to scrape down the sides of the jar with a spatula if needed. Blend on high speed for 15 seconds to fully mix. Serve immediately.

Calories 465; Fat 3g (Sat 1.3g; Mono 0.4; Poly 0.2g); Protein 15g; Carbohydrate 100g (Fiber 13g; Sugars 56g); Cholesterol [illegible]mg; Sodium 267mg; Calcium 448mg

Cauliflower Mixed Berry Smoothie

GLUTEN-FREE; NUT-FREE

Mixed berries boost cauliflower's vitamin C by about 50 milligrams—half the daily recommended amount.

PREP 5 minutes
MAKES 1 serving (About 2 cups or 16 fluid ounces)

INGREDIENTS

- 1 cup skim milk
- 1 teaspoon nonfat powdered milk
- 1 tablespoon maple syrup
- 1 cup riced cauliflower
- ¾ cup mixed berries

INSTRUCTIONS

Place ingredients in the blender jar, in the order listed. Blend on low speed for 10 seconds, stopping to scrape down the sides of the jar with a spatula if needed. Blend on high speed for 15 seconds to fully mix. Serve immediately.

Calories 225; Fat 1g (Sat 0.1g; Mono 0.1; Poly 0g); Protein 13g; Carbohydrate 44g (Fiber 6g; Sugars 33g); Cholesterol 5mg; Sodium 120mg; Calcium 368mg

Quick Tip

Riced cauliflower is an easy, anytime smoothie addition. Find it in the freezer section of most grocery stores.

(from top)
Kale Coconut
Kale Cucumber
and Spinach
Grape

Kale Coconut Smooth

DAIRY-FREE; GLUTEN-FREE; NUT-FREE; VEGAN

Lacinato kale has softer leaves, good option as the main ingredi

PREP 5 minutes
MAKES 1 serving (About 1.5 cups 12 fluid ounces)

INGREDIENTS

- ½ cup canned light coconut mi
- ⅓ cup coconut yogurt alternati
- 1 teaspoon honey or light agave nectar
- ½ peeled and sliced banana
- 1 cup chopped lacinato kale

INSTRUCTIONS

Place ingredients in the blender jar the order listed. Blend on low speed for 10 seconds, stopping to scrape down the sides of the jar with a spatula if needed. Blend on high speed for 15 seconds to fully mix. Serve immediately.

Calories 234; Fat 11g (Sat 9.1g; Mono 0; Po 0.1g); Protein 3g; Carbohydrate 34g (Fiber 4g; Sugars 13g); Cholesterol 0mg; Sodium 66mg; Calcium 355mg

Kale Cucumber Smoothie

DAIRY-FREE; GLUTEN-FREE; VEGAN

A combo of protein-packed soy milk and tofu builds a strong foundation.

PREP 5 minutes
MAKES 1 serving (About 1.5 cups or 12 fluid ounces)

INGREDIENTS

- ½ cup vanilla-flavored soy milk
- ½ cup silken tofu
- 1 teaspoon simple syrup or light agave nectar
- 2 cups chopped lacinato kale
- ½ cup seeded and chopped cucumber
- 2 tablespoons pistachios
- ½ cup ice cubes

INSTRUCTIONS

Place ingredients in the blender jar, in the order listed. Blend on low speed for 10 seconds, stopping to scrape down the sides of the jar with a spatula if needed. Blend on high

Banana Split

Banana Split Smoothie

GLUTEN-FREE

Though this smoothie appears indulgent—and it is—it also contains two potassium-packed bananas (one blended into the mixture and one sliced and used as a garnish). Skip the whipped cream, and it's vegan, too.

PREP 5 minutes
MAKES 1 serving (About 2 cups or 16 fluid ounces)

INGREDIENTS

- ¾ cup chocolate-flavored almond milk
- ½ cup dark-chocolate flavored almond yogurt alternative
- Splash of vanilla extract
- 2 bananas (one peeled, sliced, and blended into the smoothie; one peeled and sliced lengthwise and placed in the serving glass)
- 1 tablespoon cocoa powder
- 1 tablespoon cacao nibs

OPTIONAL GARNISHES: Cherry, cacao nibs, whipped cream, chocolate sauce drizzle

INSTRUCTIONS

1. Place ingredients in the blender jar, in the order listed. Blend on low speed for 10 seconds, stopping to scrape down the sides of the jar with a spatula if needed. Blend on high speed for 15 seconds to fully mix.
2. Place the lengthwise-sliced banana pieces into the glass, pressing lightly to adhere; pour smoothie mixture into glass and garnish. Serve immediately.

Calories 354; Fat 10g (Sat 2.9g; Mono 1.7g; Poly 0.6g); Protein 8g; Carbohydrate 69g (Fiber 15g; Sugars 30g); Cholesterol 0mg; Sodium 146mg; Calcium 371mg

Chocolate Strawberry Cheesecake Smoothie

GLUTEN-FREE; NUT-FREE

Dark chocolate plays a background role here, supporting sweet berries and creamy ricotta cheese.

PREP 5 minutes
MAKES 1 serving (About 1 cup or 8 fluid ounces)

INGREDIENTS

- ¼ cup skim milk
- ⅓ cup part skim ricotta cheese
- Squeeze of lemon juice
- 1 teaspoon simple syrup, honey or light agave nectar
- 1 tablespoon nonfat powdered milk
- 2 tablespoons grated dark chocolate
- ⅓ cup sliced strawberries

OPTIONAL GARNISHES: Sliced strawberry, grated chocolate

INSTRUCTIONS

Place ingredients in the blender jar, in the order listed. Blend on low speed for 10 seconds, stopping to scrape down the sides of the jar with a spatula if needed. Blend on high speed for 15 seconds to fully mix. Serve immediately.

Calories 368; Fat 19g (Sat 10.9g; Mono 5.4g; Poly 0.8g); Protein 19g; Carbohydrate 33g (Fiber 4g; Sugars 20g); Cholesterol 41mg; Sodium 158mg; Calcium 456mg

Oreo Smoothie

NUT-FREE

This smoothie falls more on the milkshake end of the spectrum.

PREP 5 minutes
MAKES 1 serving (About 1 cup or 8 fluid ounces)

INGREDIENTS

- ½ cup skim milk
- ½ cup low-fat vanilla yogurt
- ¼ peeled and sliced banana
- 3 crumbled Oreo cookies

OPTIONAL GARNISH: Crumbled cookies

INSTRUCTIONS

Place ingredients in the blender jar, in the order listed. Blend on low speed for 10 seconds, stopping to scrape down the sides of the jar with a spatula if needed. Blend on high speed for 15 seconds to fully mix. Serve immediately.

Calories 328; Fat 8g (Sat 2.5g; Mono 0.4g; Poly 0.1g); Protein 12g; Carbohydrate 54g (Fiber 1g; Sugars 39g); Cholesterol 9mg; Sodium 239mg; Calcium 360mg

REDIENTS

cup skim milk
cup part skim ricotta cheese
Squeeze of lemon juice
teaspoon simple syrup, honey or
light agave nectar
tablespoon nonfat powdered milk
tablespoons grated
dark chocolate
cup sliced strawberries
OPTIONAL GARNISHES: Sliced
strawberry, grated chocolate

TRUCTIONS

ce ingredients in the blender jar, in
order listed. Blend on low speed
10 seconds, stopping to scrape
wn the sides of the jar with
patula if needed. Blend on high
ed for 15 seconds to fully mix.
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reo Smoothie

UT-FREE

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ilkshake end of the spectrum.

EP 5 minutes
AKES 1 serving (About 1 cup or
fluid ounces)

NGREDIENTS

½ cup skim milk
½ cup low-fat vanilla yogurt
¼ peeled and sliced banana
3 crumbled Oreo cookies
OPTIONAL GARNISH: Crumbled
cookies

NSTRUCTIONS

Place ingredients in the blender jar, in
he order listed. Blend on low speed
or 10 seconds, stopping to scrape
down the sides of the jar with
a spatula if needed. Blend on high
peed for 15 seconds to fully mix.
Serve immediately.

Calories 125; Fat 3g (Sat 2.5g; Mono 0.4g;
Poly 0.1g); Protein 12g; Carbohydrate 54g
(Fiber 1g; Sugars 39g); Cholesterol 9mg;
Sodium 250mg; Calcium 360mg

Chocolate Strawberry Cheesecake

Quick Tip

To neatly crumble cookies, place the desired amount in a zip-top plastic bag and strike lightly with a mallet. For a drier mix, remove cream filling before crumbling.

Oreo

ingredients in a blender. Pour into serving bowls and add toppings as desired.

Calories 301; Fat 15g (Sat 3.2g; Mono 5g; Poly 4.8g); Protein 19g; Carbohydrate 27g (Fiber 7g; Sugars 15g); Cholesterol 13mg; Sodium 220mg; Calcium 212mg

Banana Blueberry Coconut Bowl

DAIRY-FREE; GLUTEN-FREE; VEGAN

Coconut yogurt alternatives tend to be lower in protein than dairy; turn that to your advantage and enjoy this bowl ahead of a workout to stay energized.

PREP 5 minutes
MAKES 1 serving

INGREDIENTS

BASE

- ¾ cup coconut yogurt alternative
- Squeeze of lemon juice
- 1 tablespoon almond butter
- ½ peeled and sliced banana

TOPPINGS

- ½ peeled and sliced banana
- ¼ cup blueberries
- 1 tablespoon sliced almonds
- 1 teaspoon hemp hearts
- 1 teaspoon ground flaxseed

INSTRUCTIONS

Mix base ingredients in a blender. Pour into serving bowl and add toppings as desired.

Calories 382; Fat 21g (Sat 5.9g; Mono 5.5g; Poly 4.4g); Protein 9g; Carbohydrate 47g (Fiber 10g; Sugars 20g); Cholesterol 0mg; Sodium 42mg; Calcium 467mg

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TOP YOUR BOWL WITH ANY BERRIES THAT ARE IN SEASON
STRAWBERRY SUNDAE SMOOTHIE BOWL
COMFORT FOOD | EASY | VEGETARIAN
Protein powder ups the nutrient value of this delicious meal.
Start to Finish 5 minutes
(5 minutes active)
Servings 1
1 frozen banana
6 medium frozen strawberries
1 cup strawberry-banana juice blend
½ teaspoon pure vanilla extract
½ scoop plant-based vanilla protein powder
½ cup vanilla yogurt
Toppings: sliced strawberries, chocolate curls, maraschino cherries, sliced almonds
In a blender, mix all ingredients (except toppings) and blend until smooth and creamy.
TO FREEZE Place mixture in a freezer-safe container; freeze for up to 3 months. To use, thaw for 10 minutes; add desired toppings.
CINNAMON ROLLS WITH PECANS
CLASSIC | COMFORT FOOD | VEGETARIAN
Make the glaze after taking the rolls from the freezer so it's ready to drizzle before serving.
Start to Finish 45 minutes
(20 minutes active)
Servings 6
Vegetable cooking spray
¼ cup brown sugar
1 teaspoon ground cinnamon
2 tablespoons melted butter
1 package frozen dough for 1 loaf white bread, thawed
¾ cup powdered sugar
¼ cup heavy cream
1 Preheat oven to 350 F. Spray a 13x9-inch baking pan with vegetable cooking spray.
2 In a small bowl, combine brown sugar and cinnamon; set aside.
3 On a floured surface, roll out loaf into a rectangle about ¼-inch thick. Spread melted butter over dough. Sprinkle evenly with cinnamon-sugar mixture.
4 Starting with a long side, tightly roll dough; pinch ends closed. Cut into 6 pieces. Place pieces in pan, cut side up.
5 Bake for 25 to 30 minutes.
TO FREEZE Cool rolls completely on wire rack; wrap in foil and freeze for up to 3 months. To use, thaw in refrigerator overnight. To make glaze, whisk last two ingredients in a small bowl. Reheat rolls in microwave; top with glaze and garnish with ¾ cup chopped pecans.
Breakfast Sausage Casserole
BREAKFAST SAUSAGE CASSEROLE
COMFORT FOOD | EASY | FAMILY FAVORITE
This is perfect when you're in the mood for something hearty.
Start to Finish 1 hour 25 minutes
(25 minutes active)
Servings 10
Vegetable cooking spray
1 pound ground pork sausage
2 teaspoons olive oil
1 teaspoon chopped garlic
1 cup chopped onion
½ teaspoon kosher salt
¼ teaspoon ground black pepper
12 large eggs
½ cup whole milk
1 cup shredded cheddar cheese, divided
1 Preheat oven to 375 F. Coat a 13x9-inch casserole dish with vegetable cooking spray.
2 In a large skillet over medium heat, brown sausage for about 8 minutes; drain fat. Place sausage in casserole dish.
3 Add olive oil to same skillet; add garlic, onion, salt and pepper and cook until vegetables are tender, about 6 minutes. Add cooked vegetable mixture to casserole dish.
4 In a large bowl, whisk together eggs, milk and ½ cup cheese. Pour egg mixture evenly into casserole dish. Sprinkle with remaining cheese. Cover dish with foil; bake for 45 minutes.
TO FREEZE Let casserole cool completely; cover with foil and freeze for up to 3 months. To use, thaw in refrigerator overnight. Reheat in a 350 F oven for 20 mi or until warmed through. Garni with sliced scallions and chopp parsley, if desired.

OVEN-ROASTED PULLED PORK

EASY | FAMILY FAVORITE | KID-FRIENDLY

Also try this pork in burritos, or in a bowl with rice and beans.

Start to Finish 3 hours 25 minutes (25minutes active)
Servings 4 now; 4 later

- **2 tablespoons brown sugar**
- **1 tablespoon chili powder**
- **1 teaspoon kosher salt**
- **1 teaspoon paprika**
- **½ teaspoon ground black pepper**
- **½ teaspoon dry mustard**
- **½ teaspoon oregano**
- **½ teaspoon garlic powder**
- **½ teaspoon onion powder**
- **1 (4-pound) boneless pork shoulder**
- **2 tablespoons vegetable oil**
- **1 cup dark beer**
- **1 cup chopped onion**
- **Barbecue sauce**
- **Hamburger buns**

1 Preheat oven to 300 F.
2 In a small bowl, make a rub by combining brown sugar and next 8 ingredients. Coat all surfaces of pork with rub; set aside.
3 In a large Dutch oven over medium-high heat, add oil and onions; cook for 3 minutes and stir. Add pork; sear on all sides, 4 minutes per side.
4 Remove pan from heat; stir in beer. Cover Dutch oven; bake for 3 hours.
5 Let cool slightly. Place pork on cutting board; shred with 2 forks. Place in large bowl; toss with onions. Toss half of pork mixture with your favorite barbecue sauce.

TO SERVE NOW Divide pork evenly among 4 hamburger buns. Top with additional barbecue sauce if desired.
TO FREEZE FOR LATER Let other half of pork mixture cool completely; place in freezer-safe bags or containers and freeze for up to 3 months. To use, thaw in refrigerator overnight. Toss with your favorite barbecue sauce and reheat in microwave or heat in saucepan over low heat. Divide among 4 buns and top with additional barbecue sauce if desired.

Oven-Roasted Pulled Pork

CHICKPEA QUINOA SKILLET

EASY | GUEST-WORTHY | VEGETARIAN

Freeze in individual microwaveable bowls for quick lunches.

Start to Finish 30 minutes (10 minutes active)
Servings 6 now; 6 later

- **6 tablespoons olive oil**
- **1 large white onion, diced**
- **8 cloves garlic, minced**
- **2 (15-ounce) cans chickpeas, drained and rinsed**
- **4 tablespoons garam masala**
- **½ teaspoon salt**
- **2 cups uncooked quinoa**
- **3 cups vegetable broth**
- **2 cups sliced asparagus**
- **2 cups frozen green peas**

1 In a large skillet or pot with cover, over medium-high heat, heat oil. Add onion and garlic; saute for 3 minutes.
2 Add chickpeas, garam masala and salt; and cook for 5 minutes. Stir in quinoa and broth. Bring to a boil. Stir in asparagus.
3 Remove from heat, stir in peas, cover skillet, and let sit for 10 minutes or until broth is absorbed. Fluff mixture with a fork.

TO SERVE NOW Divide half of mixture between 6 serving bowls; serve immediately garnished with chopped mint and lemon slices if desired.
TO FREEZE FOR LATER Let remaining mixture cool completely; place in freezer-safe bags or containers and freeze for up to 3 months. To use, thaw in refrigerator overnight; reheat in microwave, stirring at 30-second intervals until warm. Garnish with chopped mint and lemon slices.

Garnish with cilantro; serve with salsa as desired.

SHREDDED BARBECUE CHICKEN ROLLS

CLASSIC | EASY | KID-FRIENDLY

Freeze the chicken in individual portions so you can defrost only what you need.

Start to Finish 30 minutes (5 minutes active)
Servings 4 now; 4 later

- **8 boneless, skinless chicken breasts**
- **2 tablespoons olive oil**
- **2 teaspoons kosher salt**
- **2 teaspoons ground black pepper**
- **1 cup barbecue sauce, plus more for serving**
- **Hamburger buns**
- **Toppings: dill pickle slices, shredded lettuce**

1 Preheat oven to 450 F. Line a baking sheet with foil.
2 Place chicken on sheet; drizzle with oil and season with salt and pepper. Bake for 15 minutes.
3 Brush the top of each piece with barbecue sauce; cook for 7 additional minutes or until internal temperature is 160 F and juices run clear.
4 Let chicken rest for 10 minutes or until internal temperature is 165 F. Place chicken on a cutting board and shred with 2 forks.

TO SERVE NOW Divide half of chicken evenly among 4 hamburger buns. Spoon on additional barbecue sauce and other toppings if desired.
TO FREEZE FOR LATER Let other half of chicken cool completely; place in freezer-safe bags or containers and freeze for up to 3 months. To use, thaw in refrigerator overnight. Reheat in microwave or heat in saucepan over low heat until warmed through. Divide among 4 buns and top as desired.

Freeze Frame

Opt for extra-large hamburger buns for these sandwiches so you can pile on plenty of chicken. Toasting the buns first makes them a bit better at standing up to all the sauce here!

Shredded Barbecue Chicken Rolls

SOUTHWESTERN MAC AND CHEESE

EASY | FAMILY FAVORITE | VEGETARIAN

Tex-Mex seasonings give a tasty twist to the classic.

Start to Finish 50 minutes
(20 minutes active)
Servings 12

- 1½ pounds elbow macaroni
- 2 tablespoons olive oil
- 1 cup chopped onion
- 1½ cups yellow corn
- ½ teaspoon kosher salt
- ½ teaspoon ground black pepper
- 2 (4-ounce) cans diced green chiles
- 6 tablespoons butter
- ½ cup all-purpose flour
- 3 cups whole milk
- 3 tablespoons adobo sauce
- 1 cup cubed processed cheese (like Velveeta)
- 2 cups grated Monterey Jack cheese, divided
- 2 cups grated pepper Jack cheese, divided

1 Grease a 13x9-inch baking dish.
2 Cook macaroni according to package directions. Drain; set aside.
3 Meanwhile, in a large skillet over medium-high heat, heat oil. Add onion, corn, salt and pepper. Cook, stirring, about 5 minutes. Stir in green chiles. Set aside.
4 In a large pot over medium heat, melt butter. Sprinkle in flour, whisking to combine. Add milk, whisking constantly. Cook until thick and bubbly, 5 minutes. Add adobo sauce, processed cheese, 1 cup Monterey Jack and 1 cup pepper Jack and continue to cook, stirring, until the cheese all melts. Fold in the cooked macaroni and onion-corn mixture.
5 Place mixture in baking dish and top with remaining cheeses.

TO FREEZE Let cool completely, then cover with aluminum foil and freeze for up to 3 months. To use, thaw in refrigerator overnight. To bake, preheat oven to 375 F. Bake for 20 to 25 minutes. Garnish with cilantro leaves and red pepper flakes, if desired.

QUICK TIP

You can buy bulk Italian sausage meat (either sweet or hot), or remove the casings from sausages.

ITALIAN SAUSAGE LASAGNA ROLLS

COMFORT FOOD | FAMILY FAVORITE

These have all the flavor of a traditional lasagna but come together much more quickly.

Start to Finish 1 hour 30 minutes
(45 minutes active)
Servings 6

- 1 pound Italian sausage meat
- 2 (26-ounce) jars marinara sauce
- 1 (15-ounce) container ricotta cheese
- 2 cups shredded mozzarella cheese, divided
- 1 cup shredded Parmesan cheese, divided
- 1 large egg
- 2 tablespoons chopped fresh parsley
- 2 teaspoons chopped fresh rosemary
- 2 teaspoons chopped fresh thyme
- ½ teaspoon kosher salt
- 1 teaspoon ground black pepper
- 12 lasagna noodles, cooked

1 Grease a 13x9-inch baking dish.
2 In a large skillet over medium heat, cook meat until no longer pink; drain fat. Stir in marinara sauce to make meat sauce. Remove from heat. Spread ⅓ cup meat sauce in baking dish.
3 In a large bowl, beat ricotta, 1 cup mozzarella, ½ cup Parmesan, egg, parsley, rosemary, thyme, salt and pepper.
4 To make each roll-up, spread 2 tablespoons cheese mixture along a lasagna noodle and roll up. Place roll-up seam-side down on sauce. Make each remaining roll-up in same manner.
5 Top roll-ups with remaining meat sauce. Sprinkle with remaining cheeses.

TO FREEZE Cover unbaked casserole with foil and freeze for up to 3 months. To use, thaw in refrigerator overnight. Remove from refrigerator 30 minutes before baking. Preheat oven to 350 F. Bake covered casserole for 50 to 60 minutes. Let stand 10 minutes before serving; garnish with fresh parsley, rosemary and thyme, if desired.

MEATBALLS AND MARINARA SAUCE

CLASSIC | EASY | FAMILY FAVORITE

Serve these meatballs over any shape of pasta, or try them in a hot hero sandwich with mozzarella.

Start to Finish 1 hour 35 minutes
(35 minutes active)
Servings 8

- ¼ cup olive oil
- 4 cloves garlic, thinly sliced
- 1 (28-ounce) can crushed tomatoes

1 Grease a 13x9-inch baking dish.
2 In a large skillet over medium heat, cook meat until no longer pink; drain fat. Stir in marinara sauce to make meat sauce. Remove from heat. Spread ⅔ cup meat sauce in baking dish.
3 In a large bowl, beat ricotta, 1 cup mozzarella, ½ cup Parmesan, egg, parsley, rosemary, thyme, salt and pepper.
4 To make each roll-up, spread 2 tablespoons cheese mixture along a lasagna noodle and roll up. Place roll-up seam-side down on sauce. Make each remaining roll-up in same manner.
5 Top roll-ups with remaining meat sauce. Sprinkle with remaining cheeses.

TO FREEZE Cover unbaked casserole with foil and freeze for up to 3 months. To use, thaw in refrigerator overnight. Remove from refrigerator 30 minutes before baking. Preheat oven to 350 F. Bake covered casserole for 50 to 60 minutes. Let stand 10 minutes before serving; garnish with fresh parsley, rosemary and thyme, if desired.

MEATBALLS AND MARINARA SAUCE

CLASSIC | EASY | FAMILY FAVORITE

Serve these meatballs over any shape of pasta, or try them in a hot hero sandwich with mozzarella.

Start to Finish 1 hour 35 minutes (35 minutes active)
Servings 8

- ¼ cup olive oil
- 4 cloves garlic, thinly sliced
- 1 (28-ounce) can crushed tomatoes
- ¼ cup fresh basil leaves
- 2 teaspoons kosher salt, divided
- 1 teaspoon granulated sugar
- 1 slice white bread, torn into pieces
- ¼ cup whole milk
- 1 pound ground beef
- 1 pound ground pork
- ½ cup grated Parmesan cheese
- 1 large egg, beaten
- 1 small onion, grated
- ½ cup chopped parsley
- ½ teaspoon crushed red pepper flakes

1 Preheat oven to 425 F. Brush 2 rimmed baking sheets generously with oil.
2 In a medium saucepan over medium heat, cook olive oil and garlic until garlic is lightly browned, about 4 minutes. Add tomatoes; bring to a high simmer. Reduce heat to low; add basil, 1 teaspoon salt and sugar and simmer, uncovered, until thickened, about 25 minutes. Set aside and keep warm.
3 Meanwhile, make meatballs. In a small bowl combine bread, milk, beef, pork, Parmesan, egg, onion, parsley, remaining salt and red pepper flakes. Divide mixture evenly into 18 balls. Roll each ball on baking sheet to coat in oil; bake for 18 to 20 minutes or until browned and cooked through.
4 Add meatballs to sauce; cook for 5 minutes over low heat.

TO FREEZE Let meatballs and sauce cool completely. Divide meatballs evenly between several freezer-safe containers; fill each with equal amounts of sauce. Freeze for up to 3 months. To use, thaw overnight in refrigerator. Cook1 pound of pasta according to package directions; drain. Meanwhile, reheat sauce and meatballs in a large pot over medium heat, or in a microwave.

Meatballs and Marinara Sauce

Freeze Frame

If you're short on freezer space, you don't have to make and freeze all components of a pasta dish ahead of time. For a dish like this, you can cook a batch of pasta while the sauce and meatballs are being reheated.

CREAMY SPAGHETTI WITH CHICKEN

EASY | FAMILY FAVORITE | GUEST-WORTHY

Serve this with a simple green salad for a complete meal.

Start to Finish 45 minutes (20 minutes active)
Servings 12

- 1 pound spaghetti, broken in half
- 2 medium onions, chopped
- 1 medium green bell pepper, chopped
- ½ cup butter
- 6 tablespoons all-purpose flour
- 2 cups whole milk
- 4 cups cubed cooked chicken
- 2 (10.75-ounce) cans condensed cream of mushroom soup, undiluted
- 1 (10-ounce) can tomatoes with chilies, undrained
- 1 cup sour cream
- ½ teaspoon ground black pepper
- 2 cups shredded mozzarella cheese

1 Cook spaghetti according to package directions. Drain; set aside. Grease two 11x7-inch baking dishes.
2 Meanwhile, in a Dutch oven, cook onions and bell pepper in butter until tender. Stir in flour until blended; gradually add milk. Bring to a boil; cook and stir 2 minutes or until thickened. Stir in chicken, soup, tomatoes, sour cream and pepper.
3 Add spaghetti to sauce mixture; toss to coat. Transfer to baking dishes. Sprinkle with cheese.

TO FREEZE Cover and freeze unbaked casseroles up to 3 months. To use, thaw in refrigerator overnight. Remove from refrigerator 30 minutes before baking. Preheat oven to 350 F. Cover with foil; bake 20 minutes. Uncover and bake 8 minutes longer or until bubbly. Garnish with cilantro leaves, if desired.

FREEFORM LASAGNA

CLASSIC | EASY | GUEST-WORTHY

All the flavor of traditional lasagna, with a lot less work.

Start to Finish 1 hour 25 minutes (15 minutes active)
Servings 8

- 1 pound ground beef
- ½ cup chopped onion
- ½ teaspoon kosher salt
- ½ teaspoon ground black pepper, divided
- 3 cups shredded mozzarella
- 3 cups cottage cheese
- ⅓ cup grated Parmesan cheese
- 2 large eggs, lightly beaten
- 2 tablespoons chopped parsley
- 6 lasagna noodles, cooked
- 1 (24-ounce) jar pasta sauce
- 1 cup shredded mozzarella, for serving

1 Grease a 13 x 9-inch baking dish.
2 In a large skillet over medium heat, cook beef, onion, salt and ¼ teaspoon pepper until meat is no longer pink, stirring frequently to break up meat. Drain fat; set aside.
3 In a large bowl, combine cheeses, eggs, parsley and remaining pepper. Place in baking dish. Top with noodles, beef mixture and pasta sauce.

TO FREEZE Let unbaked lasagna cool completely; tightly cover with foil and freeze for up to 3 months. To use, thaw in refrigerator overnight. Remove from refrigerator 30 minutes before baking. Preheat oven to 350 F. Bake, covered, for 45 minutes. Remove foil; sprinkle with mozzarella cheese and bake until bubbly and cheese is melted, 15 minutes longer. Let stand for 10 minutes before serving. Garnish with parsley if desired.

CHEESY BAKED SPAGHETTI

EASY | FAMILY FAVORITE | KID FAVORITE

Sausage and ground beef make this dish extra tempting.

Start to Finish 55 minutes
(20 minutes active)
Servings 8

- 8 ounces uncooked spaghetti, broken into thirds
- 1 large egg
- ½ cup whole milk
- ½ teaspoon kosher salt
- ½ teaspoon ground black pepper
- ½ pound ground beef
- ½ pound bulk Italian sausage
- 1 cup chopped onion
- 2 cups jarred or homemade pasta sauce
- 1 (8-ounce) can tomato sauce
- 2 cups shredded mozzarella, for serving

1 Grease a 13x9-inch baking dish.
2 Cook spaghetti according to package directions; drain.
3 In a large bowl, beat egg, milk, salt and pepper. Add drained spaghetti to egg mixture and toss to coat. Transfer to baking dish.
4 In a large skillet over medium heat, cook beef, sausage and onion, stirring occasionally, until meat is no longer pink; drain fat. Stir in pasta sauce and tomato sauce. Spoon into baking dish.

TO FREEZE Let uncooked spaghetti mixture cool completely; cover with foil and freeze for up to 3 months. To use, thaw in refrigerator overnight. Preheat oven to 350 F. Bake, uncovered, 20 minutes. Sprinkle with mozzarella. Bake 10 minutes longer or until cheese is melted. Let stand 10 minutes before cutting. Garnish with basil leaves, if desired.

GREEK PASTA BAKE

FAMILY FAVORITE | GUEST-WORTHY | VEGETARIAN

The flavors of Greece are a nice change from Italian in this easy baked pasta.

Start to Finish 1 hour 20 minutes
(20 minutes active)
Servings 6

- 1 tablespoon olive oil
- 1 cup chopped onion
- 1 teaspoon chopped garlic
- 3 teaspoons dried Greek seasoning
- ½ teaspoon kosher salt
- ¼ teaspoon ground black pepper
- 1 (15-ounce) can tomato sauce
- 2 (14.5-ounce) can diced tomatoes, undrained
- 1 teaspoon sugar
- 2 cups uncooked rigatoni
- 4 ounces feta cheese, crumbled

1 Grease an 11x7-inch baking dish.
2 In a large nonstick saucepan over medium heat, add oil, onion, garlic, Greek seasoning, salt and pepper; stir. Add tomato sauce, tomatoes and sugar. Bring to a boil. Reduce heat and simmer, uncovered, for 15 minutes, stirring occasionally.
3 Meanwhile, cook pasta according to package directions; drain. Stir into tomato mixture. Place in prepared baking dish. Sprinkle with feta cheese.

TO FREEZE Cool unbaked casserole completely; cover with foil and freeze for up to 3 months. To use, thaw in refrigerator overnight. Remove from refrigerator 30 minutes before baking. Preheat oven to 325 F. Bake, covered, for 45 minutes. Uncover and bake 15 minutes longer or until heated through. Garnish with kalamata olives, crumbled feta and oregano leaves, if desired.

QUICK TIP

Add a layer of plastic wrap before wrapping in foil for extra protection. Just don't forget to remove it before reheating the dish!

SIMPLE MEDITE
PASTA
CLASSIC | EASY | FAMIL

Feta gives the herb a tangy flavor.

Start to Finish 15 minu
(10 minutes active)
Servings 8

- 1 pound angel ha
- 1 tablespoon oliv
- 4 cloves garlic, th
- 1 teaspoon dried
- 1 teaspoon dried
- Kosher salt and black pepper
- 1 (8-ounce) conta crumbled feta
- ½ cup heavy crea
- 1 pint grape tom
- 1 (15-ounce) can artichoke hear
- 1 (6-ounce) can drained

1 Cook pasta al den to package directio reserving ½ cup wa
2 In a large skillet heat, add oil, garli thyme and pinche and pepper; cook, for 1 minute.
3 Stir in feta and c heat to medium-lo 3 minutes or until
4 Add pasta and ¼ pasta water to ski to coat pasta.
5 Add tomatoes, a olives. Season to ta and pepper. Stir to for 2 minutes to wa

TO FREEZE Let pasta place in freezer-safe and freeze for up to use, thaw in refriger Reheat over mediun heated through. Gar Parmesan, crumble nuts, if desired.

SWEET POTATO MASH

EASY | VEGETARIAN

Cinnamon and nutmeg give this beloved side a slightly spicy kick.

Start to Finish 1 hour 45 minutes (15 minutes active)
Servings 6

- 3 pounds sweet potatoes, washed, not peeled
- 4 tablespoons butter
- 1 teaspoon kosher salt
- ½ teaspoon ground cinnamon
- ⅛ teaspoon ground nutmeg
- ⅛ teaspoon ground cayenne pepper

1 Preheat oven to 425 F.
2 On a baking sheet, roast potatoes until soft, about 1 hour. Let cool for a few minutes; use a clean cotton towel to help rub skins off.
3 In a food processor, process sweet potatoes, butter, salt, cinnamon, nutmeg and cayenne until smooth.

TO FREEZE Let sweet potato mixture cool completely; place in freezer-safe bag or container and freeze for up to 3 months. To use, thaw in refrigerator overnight; reheat in the microwave for 3 minutes, stir and continue heating for 30-second intervals until warmed through. Place in serving dish and sprinkle with chopped pecans, if desired.

LIMA BEANS IN BUTTER SAUCE

CLASSIC | EASY | GUEST-WORTHY

Swap veggie broth for chicken to make this a vegetarian side dish for any meal.

Start to Finish 20 minutes (5 minutes active)
Servings 6

- 2 (15-ounce) cans lima beans, drained and rinsed
- 1 cup chopped onion
- 1 teaspoon kosher salt
- ½ teaspoon ground black pepper
- 8 tablespoons butter, sliced
- 1 cup chicken broth

1 In a large saucepan over medium-high heat, add all ingredients.
2 Bring to a boil; turn heat to medium-low and simmer for 15 minutes to reduce liquid.

TO FREEZE Let beans cool completely; place in freezer-safe bags or containers and freeze for up to 3 months. To use, thaw in refrigerator overnight. Reheat in microwave for 3 minutes; stir and cook an additional 2 minutes if needed.

SWEET PEAS WITH LEMON

CLASSIC | EASY | GUEST-WORTHY

Tart citrus livens up the flavor of many vegetables, including these peas.

Start to Finish 15 minutes (5 minutes active)
Servings 6

- 6 cups frozen baby sweet peas
- 1½ cups chicken stock
- 1 tablespoon butter
- 1 teaspoon lemon-pepper seasoning
- ½ teaspoon kosher salt
- ¼ teaspoon ground black pepper

1 In a Dutch oven over medium-high heat, add peas and stock. Cook for 10 minutes. Drain peas and return to Dutch oven.
2 Add butter, lemon-pepper seasoning, salt and pepper, tossing to coat peas.

TO FREEZE Let peas cool completely; place in freezer-safe bags or containers and freeze for up to 3 months. To use, thaw in refrigerator overnight. Reheat in a saucepan over low to medium heat for 10 minutes. Serve warm, garnish with lemon slices, parsley leaves and microgreens, if desired.

OVEN-ROASTED ASPARAGUS

CLASSIC | EASY | VEGETARIAN

You can also stir the roasted garlic into hollandaise sauce.

Start to Finish 40 minutes (10 minutes active)
Servings 4

- 1 pound thick asparagus spears, ends trimmed
- 1 tablespoon olive oil
- 1 head of garlic, sliced in half
- 1 teaspoon kosher salt
- ½ teaspoon ground black pepper

1 Preheat oven to 425 F. Line a baking sheet with parchment. Arrange asparagus in a single layer on baking sheet. Drizzle with olive oil; toss to coat. Season with salt and pepper. Place garlic on baking sheet.
2 Bake asparagus for 15 minutes, flipping halfway through. Remove asparagus, but let garlic roast an additional 15 minutes.

TO FREEZE Let asparagus and garlic cool completely. Sqeeze garlic out of its skin and place in a freezer-safe container. Place asparagus in a freezer-safe bag and freeze for up to 3 months. To use, thaw both in refrigerator overnight. Bring garlic to room temperature. Reheat asparagus in the microwave, or in a 400 F oven for 5 minutes for more crispness; toss with garlic to taste and a squeeze of lemon, if desired.

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Freeze Frame

If you don't have time to prepare this seasoned sweet potato mash (or if you bought too many!), you can cook and freeze plain cooked sweet potatoes. Cut them into slices and boil for 10 to 15 minutes—or roast them per the recipe—then let cool before freezing.

Sweet Potato Mash

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Y... topping these potatoes with pats of butter just before serving.

Perfect Mashed Potatoes

ED SPINACH

COMFORT FOOD
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3 Stir creamed mixture into spinach.

TO FREEZE Let spinach mixture cool completely; place in freezer-safe bags or containers and freeze for up to 3 months. To use, thaw in refrigerator overnight. Reheat in saucepan over low heat for 15 minutes and garnish with red pepper flakes, if desired.

PERFECT MASHED POTATOES

CLASSIC | EASY | VEGETARIAN

Russets are the best choice for mashing; because of their starch content, they whip up light and fluffy.

Start to Finish 1 hour
(30 minutes active)
Servings 6

- **6 large russet potatoes, peeled and cubed**
- **3 tablespoons butter**
- **1 cup sour cream**
- **1 (8-ounce) package cream cheese, cubed**
- **½ cup half-and-half**
- **1 teaspoon onion powder**
- **1 teaspoon kosher salt**
- **½ teaspoon ground black pepper**

1 Place potatoes in a large saucepan; add water to cover. Set heat to high; bring to a boil. Reduce heat; cover and cook for 15 minutes. Drain.
2 In a large bowl, mash potatoes with butter. Stir in sour cream, cream cheese, half-and-half, onion powder, salt and pepper.

TO FREEZE Let potatoes cool completely; place in a freezer-safe bag or container and freeze for up to 3 months. To use, thaw in refrigerator overnight. Preheat oven to 350 F; place potatoes in baking pan and bake for 15 minutes. Garnish with sliced scallions and crumbled bacon, if desired.

QUICK TIP

Blanch fresh spinach by boiling it for about 40 seconds, then plunging it in ice water.

EASY GARLIC BREAD

CLASSIC | FAMILY FAVORITE | VEGETARIAN

Wrapping the loaf in foil before baking keeps it extra moist.

Start to Finish 35 minutes
(10 minutes active)
Servings 12

- **1 large loaf French bread, sliced in half horizontally**
- **8 tablespoons softened butter**
- **2 teaspoons chopped garlic**
- **¼ cup chopped parsley**
- **1 tablespoon chopped basil**
- **1 teaspoon ground black pepper**

1 Preheat oven to 375 F.
2 Place a large piece of foil on work surface; place loaf halves in center, cut sides up.
3 In a small bowl, combine butter, garlic, parsley, basil and pepper. Spread over cut sides of bread.
4 Put halves back together; wrap with foil.

TO FREEZE Place wrapped loaf in freezer for up to 3 months. To use, thaw, wrapped, in refrigerator overnight. Preheat oven to 375 F and bake for 20 to 25 minutes.

GARLIC GREEN BEANS

CLASSIC | EASY | VEGETARIAN

Cooking the beans for just a few minutes at high heat brings out the flavor.

Start to Finish 10 minutes
(10 minutes active)
Servings 4

- **2 tablespoons olive oil**
- **½ cup chopped onion**
- **1 teaspoon chopped garlic**
- **¼ cup slivered almonds**
- **2 cups French green beans (haricots verts), trimmed**
- **1 teaspoon kosher salt**
- **½ teaspoon ground black pepper**

1 In a large skillet over medium-high heat, heat oil. Add onions; and cook for 2 minutes. Stir in garlic, almonds, green beans, salt and pepper.
2 Cook until beans are heated through and almonds are golden, about 5 minutes.

TO FREEZE Let beans cool completely; place in freezer-safe bags or containers and freeze for up to 3 months. To use, thaw in refrigerator overnight. Place in large skillet and reheat over low heat for 10 minutes.

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Creamed Spinach

Use veggie crumbles and to make these vegetarian.

Start to Finish 1 hour 25 minutes (30 minutes active)
Servings 8

- 2 tablespoons olive oil
- ½ pound ground beef
- 1 medium onion, grated
- 1 small carrot, grated
- 1 celery stalk, sliced
- 2 cloves garlic, minced
- 1 (15.1-ounce) package refrigerated pie crusts
- 1 cup cooked, cubed potatoes
- ½ teaspoon chili powder
- ¼ cup beef broth
- ½ teaspoon salt
- ½ teaspoon ground black pepper

1 Preheat oven to 375 F. Line a baking sheet with parchment.
2 In a large skillet over medium heat, heat oil; add beef, onion, carrot, celery and garlic and cook until beef is browned. Stir in potatoes, chili powder, broth, salt and pepper; cook until liquid is evaporated.
3 On a floured work surface, roll out both pie crusts; cut each into 4 equal pieces and roll each into a 7-inch circle. Pierce with a fork.
4 On 1 dough circle, place a heaping ⅓ cup of filling on one side. Using a pastry brush dipped in water, dampen the outer ¼ inch of filled half of dough. Fold empty dough over filling; use a fork to firmly press edges together. Make all empanadas in same manner.
5 Place empanadas on baking sheet. Bake for 30 to 35 minutes or until golden brown.

TO FREEZE Cool the baked empanadas completely and place in freezer-safe bags or containers; freeze for up to 3 months. To use, place

FETA AND ONION BITES

EASY | FAMILY FAVORITE | VEGETARIAN

You may want to bake an extra batch of these addictive treats.

Start to Finish 1 hour (30 minutes active)
Servings 9

- 1 egg yolk
- 1 teaspoon whole milk
- 1 sheet frozen puff pastry, thawed
- 9 tablespoons onion jam
- 9 tablespoons crumbled feta cheese
- ½ teaspoon ground black pepper

1 Preheat oven to 425 F. Line a baking sheet with parchment.
2 In a small bowl, whisk egg yolk and milk; set aside.
3 On a work surface lightly dusted with flour, roll puff pastry into a rectangle. Using a 2½-inch round cutter, cut pastry into 9 rounds.
4 Using a 2-inch round cutter, press into the center of each round, creating a thin border all around. Do not cut through dough. Place rounds on sheet; prick centers with a fork. Brush borders with egg yolk mixture.
5 Spoon 1 tablespoon onion jam in center of each round, top with 1 tablespoon of crumbled feta, and sprinkle with pepper.

QUICK TIP

A week before the party, get all your serving plates washed and ready!

safe bags or containers; freeze up to 3 months. To use, thaw in the refrigerator overnight. Reheat in a 350 F oven for 5 minutes until heated through. To serve, garnish with thyme sprigs, if desired.

BOOM BOOM SHRIMP

CLASSIC | FAMILY FAVORITE | KID-FRIENDLY

Sweet and slightly spicy, these shrimp are always a treat!

Start to Finish 20 minutes (10 minutes active)
Servings 4

- ½ cup sweet chili sauce
- ½ teaspoon Sriracha sauce
- 1 pound raw shrimp, peeled and deveined, tails removed
- ½ cup whole buttermilk
- ¾ cup cornstarch

1 To make sauce, in a small bowl stir together sweet chili sauce and Sriracha. Transfer to freezer-safe container; place in freezer.
2 In a second bowl, place shrimp and buttermilk; stir to coat.
3 Remove shrimp from buttermilk and place in sieve to drain.
4 In a small bowl, add cornstarch. Add shrimp; toss to coat.

TO FREEZE Place coated, unfried shrimp in a single layer on a baking sheet; place in freezer-safe bags and freeze for up to 3 months. To use, thaw sauce and shrimp in refrigerator for 1 hour. In a heavy-bottomed pan, heat 2 inches of canola oil. Fry shrimp until lightly brown, 2 minutes on each side. Remove with a slotted spoon and toss with sauce. To serve, garnish with sliced scallions and red pepper flakes, if desired.

Freeze Frame

Many sauces, like the one on these shrimp, can be made ahead and frozen separately. But foods that are coated with batter or breadcrumbs and then fried should not be tossed in any sauce before freezing; they'll never crisp up properly when they're cooked.

Boom Boom Shrimp

BEEF EMPANADA

CLASSIC | FAMILY FAVORIT

Use veggie crumbles to make these vegeta

Start to Finish 1 hour 25 m (30 minutes active)
Servings 8

- 2 tablespoons olive
- ¾ pound ground beef
- 1 medium onion, gra
- 1 small carrot, grate
- 1 celery stalk, sliced
- 2 cloves garlic, mince
- 1 (15.1-ounce) packag refrigerated pie cru
- 1 cup cooked, cubed
- ½ teaspoon chili powd
- ¾ cup beef broth
- ½ teaspoon salt
- ½ teaspoon ground bla pepper

1 Preheat oven to 375 F. L baking sheet with parchm
2 In a large skillet over me heat, heat oil; add beef, or carrot, celery and garlic ar until beef is browned. Stir potatoes, chili powder, brc salt and pepper; cook unti is evaporated.
3 On a floured work surface out both pie crusts; cut eac 4 equal pieces and roll each 7-inch circle. Pierce with a f
4 On 1 dough circle, place a heaping ⅓ cup of filling on side. Using a pastry brush d in water, dampen the outer of filled half of dough. Fold e dough over filling; use a fork firmly press edges together. all empanadas in same man
5 Place empanadas on bakir sheet. Bake for 30 to 35 minu until golden brown.

TO FREEZE Cool the baked empanadas completely and plac in freezer-safe bags or containers freeze for up to 3 months. To use,

CRAB CAKES

CLASSIC | COMFORT | GUEST-WORTHY

Serve these with a remoulade or lemon-caper mayo.

Start to Finish 20 minutes
(10 minutes active)
Servings 8

- **1 pound fresh crabmeat, drained**
- **2½ cups breadcrumbs**
- **1 large egg, beaten**
- **¾ cup mayonnaise**
- **⅓ cup chopped celery**
- **⅓ cup chopped onion**
- **1 tablespoon seafood seasoning (like Old Bay)**
- **1 tablespoon minced parsley**
- **1 teaspoon lemon juice**
- **1 teaspoon Worcestershire sauce**
- **½ teaspoon kosher salt**
- **¼ teaspoon ground black pepper**
- **¼ teaspoon hot sauce**
- **¼ cup vegetable oil**

1 In a large bowl, stir together crab, breadcrumbs, egg, mayonnaise, celery, onion, seasoning, parsley, lemon juice, Worcestershire sauce, salt, pepper and hot sauce. Shape into 8 small patties.

2 In a large skillet over medium-high heat, add oil. When oil is hot, add patties; cook 4 minutes on each side or until golden.

TO FREEZE Cool fried crab cakes completely; place in freezer-safe bags or containers, separating layers with waxed paper. Freeze for up to 3 months. To use, reheat on a baking sheet in a preheated 325 F oven for about 8 minutes. To serve, garnish with dill and lemon slices, if desired.

SPANAKOPITA TRIANGLES

CLASSIC | VEGETARIAN

These savory pastries are a perfect party finger food.

Start to Finish 35 minutes
(20 minutes active)
Servings 24

- **8 tablespoons butter, divided**
- **1 cup diced onions**
- **⅓ cup cooked spinach, drained well**

BAKED EGG ROLLS

CLASSIC | FAMILY FAVORITE | KID-FRIENDLY

Baking makes these a lighter version of your takeout go-to, but they're just as crispy.

Start to Finish 40 minutes (25 minutes active)
Servings 16

- Vegetable cooking spray
- 2 tablespoons vegetable oil
- 2 cups diced, cooked chicken
- 2 cups shredded cabbage
- 1 cup diced carrots
- ¼ cup sliced scallions
- 1 teaspoon chopped garlic
- 1 cup bean sprouts
- ¼ cup cornstarch
- 1 tablespoon water
- 1 tablespoon soy sauce
- 1 tablespoon sesame oil
- 1 tablespoon rice vinegar
- 16 egg roll wrappers
- 1 egg white, beaten

1 Preheat oven to 400 F. Lightly coat a baking sheet with vegetable cooking spray.
2 In a large Dutch oven over medium heat, heat oil. Stir in chicken, cabbage, carrots, scallions, garlic and bean sprouts and cook for about 5 minutes.
3 Meanwhile, in a small bowl, whisk together cornstarch, water, soy sauce, sesame oil and rice vinegar. Add mixture to Dutch oven. Stir and cook 2 minutes longer. Remove from heat; let cool.
4 Cover egg roll wrappers with a damp paper towel as you work. Place 1 wrapper on work surface, 1 corner facing you. Add ⅓ cup filling in center of wrapper. Fold side corners in to meet in center. Fold lower corner up over side corners. Moisten top corner with egg white; roll up wrapper. Repeat with all remaining filling and wrappers.
5 Place egg rolls seam side down on baking sheet. Bake for 6 minutes; flip and bake an additional 6 minutes or until browned.

TO FREEZE Cool cooked egg rolls completely. Freeze in a single layer and place in freezer-safe bags; freeze for up to 3 months. To use, preheat oven to 350 F; bake frozen egg rolls for 18 minutes or until hot; serve warm.

QUICK TIP

Covid still an issue? Serve apps on small plates with a knife and fork.

EVERYTHING BAGEL PIGS IN A BLANKET

CLASSIC | EASY | FAMILY FAVORITE

Tiny smoked sausages nestle in these puff pastry blankets.

Start to Finish 60 minutes (25 minutes active)
Servings 24

- 1 egg
- 1 (16-ounce) package frozen puff pastry, thawed
- 2 tablespoons Dijon mustard
- 24 little smokies beef franks
- Everything bagel seasoning

1 In a small bowl, beat egg.
2 On a floured surface, roll out pastry into rectangle. Cut in half lengthwise; cut each half into 12 small rectangles (24 total).
3 Spread a small amount of mustard on top third of a short end of each rectangle. Center a frank on mustard; brush other short end of rectangle with beaten egg. Roll frank in pastry; press edges to seal. Refrigerate wrapped franks for 15 minutes.
4 Meanwhile, preheat oven to 400 F.
5 Using a fork, prick tops of pastry; brush with remaining egg, then sprinkle with seasoning.
6 Bake for 25 minutes, or until pastry is golden brown.

TO FREEZE After baking, let cool completely. Freeze in a single layer. Place in a freezer-safe bag or container and freeze for up to 3 months. To use, reheat in microwave.

CRISPY FRIED RAVIOLI

KID-FRIENDLY | VEGETARIAN

You can sub in other types of ravioli, like spinach and cheese.

Start to Finish 30 minutes (20 minutes active)
Servings 10 (3 ravioli per serving)

- 2 large eggs
- ½ cup whole milk
- 30 refrigerated cheese ravioli
- 1½ cups Italian panko breadcrumbs
- Canola oil
- Marinara sauce, warmed

1 Line a baking sheet with foil.
2 In a shallow bowl, whisk together eggs and milk. In another shallow bowl, add breadcrumbs.
3 In a Dutch oven, add 3 inches of oil. Heat over medium heat until the oil is hot, about 5 minutes.
4 Dip each ravioli in egg mixture; let excess drip off, then coat in breadcrumbs and place on baking sheet.
5 Fry several ravioli at a time for about 2 minutes per side. Remove with a slotted spoon and place on a paper towel–lined plate to drain.

TO FREEZE Cool fried ravioli completely and freeze in single layer. Place in freezer-safe bag; freeze for up to 3 months. To use, reheat in the microwave or 350 F oven. Serve with marinara sauce on the side.

LOADED POTATO SKINS

CLASSIC | COMFORT | FAMILY FAVORITE

Russets are the best potatoes for this dish—their skins are tough enough to stand up to the job!

Start to Finish 20 minutes
(10 minutes active)
Servings 4

- 4 cooked and cooled baking potatoes
- 1 cup cooked, crumbled bacon
- 2 cups shredded cheddar cheese
- ½ teaspoon kosher salt
- ½ teaspoon ground black pepper

1 Preheat broiler. Line a baking sheet with foil.
2 Cut each potato into quarters lengthwise to create four wedges. Using a small spoon, scoop out flesh from each wedge, leaving ¼ inch of flesh on skin. (Mash the scooped-out potato for Mashed Potato Cakes, page 109.)
3 Place wedges on baking sheet. Top with cheese, bacon, salt and pepper. Broil until cheese is bubbling, about 3 minutes.

TO FREEZE Cool broiled potato wedges completely. Freeze in single layer, then place in freezer-safe bags or containers and freeze for up to 3 months. To use, thaw in the refrigerator overnight and reheat in the microwave or 350 F oven; place on serving plate and top with 1 cup sour cream, 1 cup sliced scallions and hot sauce, if desired.

SAMOSAS

CLASSIC | FAMILY FAVORITE | VEGETARIAN

These savory pastry triangles are a creative way to use up leftover mashed potatoes.

Start to Finish 30 minutes
(20 minutes active)
Servings 20

- 2 tablespoons oil
- ⅓ cup minced onion
- 2 cups cooked mashed potatoes
- ¼ cup baby green peas
- 1 tablespoon curry powder
- 1 teaspoon chili powder
- 1 teaspoon kosher salt
- 1 egg white
- 10 spring roll wrappers, each cut into 2 equal-sized rectangles

1 In a large skillet over medium-high heat, heat oil. Add onion; cook for 5 minutes. Stir in mashed potatoes, green peas, curry powder, chili powder and salt. Cook for 3 minutes; place filling in a medium bowl to cool.
2 When filling is cool, in a small bowl, beat egg white.
3 On 1 wrapper rectangle, place 1 heaping teaspoon of filling near top center of a short edge. Brush wrapper edges with egg white; fold filled corner down diagonally so corner edges align with long edge of wrapper. Fold same section down, then diagonally again along length of wrapper; repeat steps to use entire wrapper, forming a triangle with filling inside.
4 Pinch edges and corners to seal. Repeat with remaining filling and wrappers.

TO FREEZE Freeze unfried samosas in a single layer. Place in a freezer-safe bag and freeze for up to 3 months. o use, thaw for 20 minutes. In a large Dutch oven, add 2 inches of oil; heat to 350 F. Place samosas in oil (do not crowd; you may need to work in batches). Fry until golden brown, about 1 minute. Use a slotted spoon to remove samosas from oil; place on paper towel–lined plate. Serve warm with mango chutney on the side; garnish with cilantro sprigs, if desired.

MEDITERRANEAN MEATBALLS

CLASSIC | FAMILY FAVORITE

You can also use a mixture of lamb and beef in these delicious meatballs. For a healthier version, substitute quick oats for the breadcrumbs and turkey for the meat.

Start to Finish 30 minutes
(15 minutes active)
Servings 4

- 1 pound ground lamb or beef
- ⅓ cup grated onion
- 1 tablespoon minced garlic
- 1 teaspoon kosher salt
- ½ teaspoon ground black pepper
- 2 teaspoons dried oregano
- ½ teaspoon ground cumin
- 1 teaspoon Italian seasoning
- 1 large egg
- ½ cup plain breadcrumbs
- ¼ cup chopped parsley
- 1 tablespoon chopped mint

1 Preheat oven to 400 F. Line a baking sheet with parchment.
2 In a large mixing bowl, add meat, onion, garlic, salt, pepper, oregano, cumin and Italian seasoning. Mix well. Add egg, breadcrumbs, parsley and mint; mix until incorporated.
3 Form meat mixture into tablespoon-size balls.
4 Place meatballs on prepared baking sheet and bake for 16 to 18 minutes, turning each meatball halfway through baking time.

TO FREEZE Cool cooked meatballs completely. Freeze in a single layer, then place in freezer-safe bags; freeze up to 3 months. To use, place frozen meatballs in a preheated 350 F oven for 15 minutes or until hot. Serve warm with Greek yogurt, crumbled feta and dill sprigs if desired.

Freeze Frame

The sour cream, feta and dill are important elements to this dish, so you'll want to serve them right on the plates alongside the meatballs. If you do so, be sure to buy, borrow or rent enough appetizer-size plates to serve these (and other similar dishes).

Mediterranean Meatballs

FRIED PICKLES WITH COMEBACK SAUCE

CLASSIC | VEGETARIAN

Comeback Sauce is a Southern classic. It doesn't freeze well, so you'll need to make it up to three days before serving.

Start to Finish 25 minutes (25 minutes active)
Servings 6

- ½ cup whole buttermilk
- 1 ⅛ teaspoons ground black pepper, divided
- 1 (16-ounce) jar dill pickle chips, drained, patted dry with paper towels
- 1½ cups ground cornmeal
- ½ cup all-purpose flour
- Vegetable oil
- ½ cup mayonnaise
- 2 tablespoons chili sauce
- 1 tablespoon ketchup
- 1½ teaspoons white wine vinegar
- 1 teaspoon Worcestershire sauce
- ½ teaspoon smoked paprika
- ¼ teaspoon kosher salt

1 Line a baking sheet with parchment.
2 In a shallow dish, combine buttermilk and pepper; add pickle chips, stirring to coat.
3 In another shallow bowl, stir together cornmeal and flour. Add several chips at a time, tossing to coat evenly. Place on baking sheet.
4 In a large cast-iron skillet, add oil to about 1 inch deep. Over medium-high heat, heat to 365 F. Working in batches, add chips; fry until golden brown, 1 to 2 minutes. Drain on paper towels.

TO FREEZE Cool fried slices completely. Freeze in a single layer and place in freezer-safe bags or containers; freeze up to 3 months. To use, reheat in a 350 F oven for 5 minutes or until crisp and warm. To make Comeback Sauce, in a small bowl, stir together just seven ingredients. Cover and refrigerate sauce until ready to serve.

MINI TOMATO TARTS

CLASSIC | EASY | VEGETARIAN

These tarts are best when tomatoes are super ripe.

Start to Finish 1 hour 5 minutes (40 minutes active)
Servings 10

- ⅔ cup diced plum tomatoes
- 2 tablespoons minced shallot
- 2 teaspoons olive oil
- 1 teaspoon chopped fresh thyme
- 1 teaspoon white wine vinegar
- ¼ teaspoon freshly ground black pepper
- 1 sheet frozen puff pastry dough, thawed
- Vegetable cooking spray
- ⅔ cup grated Parmesan cheese
- ½ teaspoon kosher salt

1 Preheat oven to 400 F.
2 In a medium bowl, stir first 6 ingredients; set aside.
3 On a work surface lightly dusted with flour, roll puff pastry into a rectangle. Using a 2½-inch round cutter, cut pastry into 10 rounds.
4 Coat a baking sheet with vegetable cooking spray. Place rounds on sheet; prick with a fork. Top each round evenly with Parmesan cheese and tomato mixture. Sprinkle with salt.
5 Bake for 25 minutes or until golden.

TO FREEZE Cool cooked tarts completely. Freeze in a single layer, then place in freezer-safe bags or containers; freeze for up to 3 months. To use, thaw for 30 minutes and reheat in 350 F oven. Serve warm, garnished with basil leaves, if desired.

MASHED POTATO CAKES

COMFORT | EASY | FAMILY FAVORITE

Give new life to leftover mashed potatoes with these delicious appetizers.

Start to Finish 20 minutes (15 minutes active)
Servings 4

- 2 cups cold, cooked mashed potatoes
- 2 large eggs
- ¼ cup shredded cheddar cheese
- 6 tablespoons all-purpose flour
- 1 teaspoon kosher salt
- ½ teaspoon ground black pepper
- Vegetable oil
- Toppings: sour cream, sliced scallions, crumbled bacon

1 In a large bowl, mix potatoes, eggs, cheese, flour, salt and pepper.
2 Using a cookie scoop, scoop out balls of potato mixture; flatten into thick patties, adding more flour if mixture is too sticky.
3 In a large skillet over medium heat, add enough oil to coat bottom. Cook patties until golden, about 4 minutes per side.

TO FREEZE Let the fried cakes cool completely, then freeze them in a single layer until solid, about 2 hours. Place in a freezer-safe bag or container (place waxed paper between the layers) and freeze for up to 3 months. To use, defrost at room temperature for 20 minutes and reheat in a 350 F oven or a microwave until warmed through. Add desired toppings and serve.

BAKED CHICKEN WINGS

CLASSIC | FAMILY FAVORITE | KID-FRIENDLY

No deep-frying needed—these wings bake up nice and crisp.

Start to Finish 50 minutes (10 minutes active)
Servings 8

- Vegetable cooking spray
- 1 tablespoon baking powder
- 1 teaspoon kosher salt
- ½ teaspoon ground black pepper
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 2 pounds chicken wings, patted dry
- ⅓ cup wing hot sauce
- 3 tablespoons melted butter
- Ranch dressing and celery sticks for serving

1 Preheat oven to 425 F. Line a baking sheet with foil; place a wire rack on top. Spray rack with vegetable cooking spray.
2 In a small bowl, whisk baking powder, salt, pepper, paprika and garlic powder. Sprinkle seasoning over all surfaces of wings.
3 Arrange wings, skin side up, in single layer on rack. Bake, turning every 15 minutes until wings are crispy and browned, about 45 minutes.
4 Meanwhile, in a large bowl, stir wing sauce and butter. Remove wings from oven; let stand 5 minutes. Toss wings in sauce.

TO FREEZE Cool cooked wings completely. Freeze in a single layer and place in a freezer-safe bag or container; freeze for up to 3 months. To use, reheat in a 350 F oven for 20 minutes or until heated through. Serve with ranch dressing and celery sticks on the side.

QUICK TIP

Place a stack of napkins near any finger food that can be a bit messy!

TRY... serving these as soon as possible after they've been fried.

Mozzarella Sticks

MOZZARELLA STICKS

CLASSIC | VEGETARIAN

Freezing the coated sticks before frying them helps prevent the cheese from oozing out during frying.

Start to Finish 2 hours 20 minutes (20 minutes active)
Servings 6

- **1 (1-pound) block whole-milk mozzarella cheese**
- **2 large eggs**
- **⅔ cup Italian breadcrumbs**
- **½ teaspoon kosher salt**
- **¼ teaspoon ground black pepper**
- **Marinara sauce**

1 Cut cold cheese into 12 (½-inch) sticks.
2 In a medium bowl, whisk eggs. In another medium bowl, stir together breadcrumbs, salt and pepper.
3 Dip each stick in egg; let excess drip off. Roll in breadcrumb mixture, shaking off excess, and place on a plate. Repeat with remaining sticks.
4 Once all sticks have been coated, dip each in eggs and roll in breadcrumb mixture again. Freeze for at least 2 hours.

TO FREEZE Freeze unfried sticks in a single layer, then place in freezer-safe bags or containers and freeze for up to 3 months. To use, remove desired number of sticks from freezer. In a large Dutch oven, heat 3 inches of vegetable oil to 365 F; fry sticks for 30 to 60 seconds until golden. Serve hot with marinara sauce on the side; garnish with basil leaves, if desired.

MAC AND CHEESE BITES

COMFORT FOOD | EASY | VEGETARIAN

Place corn chips in a zip-close bag and crush with a rolling pin (or pulse them in a food processor) to make crumbs.

Start to Finish 2 hours 10 minutes (50 minutes active)
Servings 20

- **3 cups prepared, cold macaroni and cheese**
- **3 tablespoons diced pimiento**
- **½ teaspoon kosher salt**
- **½ teaspoon ground black pepper**
- **3 large eggs**
- **1 cup plain panko breadcrumbs**
- **1 cup corn chip crumbs**
- **3 cups vegetable oil**

1 Line a baking sheet with parchment.
2 In a large bowl, combine mac and cheese, pimiento, salt and pepper. Using an ice cream scoop, make 20 equal portions of mixture. Compress each scoop into a ball. Place balls on sheet; place in freezer for 45 minutes.
3 Meanwhile, in a small bowl, whisk eggs. In 2 separate shallow bowls, add panko and chip crumbs.
4 Dip one ball in egg; roll in panko. Dip in egg again; roll in chip crumbs. Place coated ball back on sheet. Coat each ball in same manner. Place sheet in freezer for 30 minutes.
5 In a large Dutch oven, heat oil to 350 F. Fry 3 or 4 balls at a time for 1 minute or until golden. Use a slotted spoon to remove balls from oil; place on a wire rack.
6 Fry remaining balls in batches in the same manner.

TO FREEZE Cool the fried balls completely and place in freezer-safe bags or containers; freeze for up to 3 months. To use, thaw in refrigerator overnight. Reheat in oven or microwave. To serve, garnish with chopped Italian parsley, if desired.

QUICK TIP

Serve a variety of foods so guests with special dietary needs will have something to eat.

MAKE A PARTY

Whether you plan to h
small, casual gathering
freezer can help take a
to think like a caterer:
and hot foods that wil
stove top—while leavi

UP TO A

Start with dessert:
prepared weeks in a
you're ready to serve t
dishes that don't requ
crackers and cookies
room temperature in a
of dishes go a long w
hectic. Also make a
as well as their co
the kitch

The day before, m
foods that need to
cooking on the day
106). Place these it
so they're ready to
Wrap the pans ir
cans or other conta
that will nee

COCONUT ICEBOX CAKE

CLASSIC | FAMILY FAVORITE

A white cake mix works great for this beloved Southern treat.

Start to Finish 2 hours, 20 minutes (20 minutes active)
Servings 6

- **24 ounces sour cream**
- **2½ cups sugar**
- **3 cups shredded sweetened coconut, divided**
- **2 (8-inch) white cake rounds, each split into 2 layers**
- **1 (8-ounce) container frozen nondairy whipped topping, thawed**

1 In a large bowl, mix together sour cream, sugar and 2 cups coconut. Cover bowl; refrigerate for 2 hours (or longer).
2 In another bowl, add whipped topping; stir in 1 cup of sour cream-coconut mixture.
3 Place one cake layer on platter; top with ⅓ of sour cream-coconut mixture, then top with another cake layer. Repeat twice more.
4 Spread top and sides of cake with whipped topping mixture; sprinkle with remaining coconut.

TO FREEZE After frosting the cake, freeze for 2 hours, then wrap tightly in plastic wrap, then in foil. Freeze for up to 3 months. To use, thaw overnight in refrigerator.

CHOCOLATE TRUFFLE ICE CREAM

CLASSIC | FAMILY FAVORITE

This super-rich ice cream is the perfect ending to any dinner.

Start to Finish overnight + 2 hours 15 minutes (15 minutes active)
Servings 8

SERVE THIS LUSCIOUS ICE CREAM AS IS—OR ADD SOME WHIPPED CREAM AND CHOCOLATE CURLS IF YOU'D LIKE.

Chocolate Truffle Ice Cream

- **1 (14-ounce) can sweetened condensed milk**
- **¾ cup heavy cream**
- **¾ cup whole milk**
- **1 cup semisweet chocolate chips**
- **¼ cup unsweetened cocoa powder**
- **¼ cup cornstarch**
- **2 tablespoons water**
- **1 teaspoon vanilla extract**
- **⅛ teaspoon kosher salt**

1 In a medium saucepan over medium heat, whisk together condensed milk, cream and whole milk. Whisking often, bring mixture to a boil. Remove from heat.
2 Stir in chocolate chips and cocoa powder; whisk until very smooth.
3 In a small bowl, whisk together cornstarch and water; stir into chocolate mixture.
4 Return saucepan to medium heat; bring to a simmer, stirring constantly, until mixture has thickened, about 5 minutes. Remove from heat; stir in vanilla and salt.
5 Pour mixture into a glass bowl. Let cool 10 minutes before covering with plastic wrap. Refrigerate overnight or until completely cooled.

TO FREEZE Transfer chilled mixture into a freezer-safe container. Press plastic wrap onto the surface, then seal with lid. Freeze for at least 2 hours or until firm enough to scoop; store in freezer for up to 3 months.

Freeze Frame

This icebox cake is traditionally served straight from the freezer, and since the frosting's flavors continue soaking into the four layers of cake, make and freeze it a few days ahead of when you plan to serve it.

COCONUT ICEBOX CAKE

A white cake mix works great for this beloved heirloom treat.

Start to Finish: 2 hours, 30 minutes (30 minutes active)
Servings: 8

- 24 ounces sour cream
- 2½ cups sugar
- 3 cups shredded sweetened coconut, divided
- 2 (9-inch) white cake rounds, each split into 2 layers
- 1 (8-ounce) container frozen nondairy whipped topping, thawed

1 In a large bowl, mix together sour cream, sugar and 2 cups coconut. Cover bowl; refrigerate for 2 hours (or longer).
2 In another bowl, add whipped topping; stir in 1 cup of sour cream-coconut mixture.
3 Place one cake layer on platter; top with ⅓ of sour cream-coconut mixture, then top with another cake layer. Repeat twice more.
4 Spread top and sides of cake with whipped topping mixture; sprinkle with remaining coconut.

TO FREEZE After frosting the cake, freeze for 2 hours, then wrap tightly in plastic wrap, then in foil. Freeze for up to 3 months. To use, thaw overnight in refrigerator.

CHOCOLATE TRUFFLE ICE CREAM

CLASSIC | FAMILY FAVORITE

This super-rich ice cream is perfect ending to any dinn

Start to Finish overnight + 2 hour
15 minutes (15 minutes active)
Servings 8

Coconut

BURGER SLIDERS WITH SECRET SAUCE

These sliders are super easy to make and always a hit! I love that they are "fast food" without having to go out to the restaurant. Bring them to a party or make them for a fun weeknight dinner. The meat can be made ahead of time.

—April Lee Wiencek, Chicago, IL

Takes: **30 min.** • Makes: **12 sliders**

- **2 lbs. ground beef**
- **2 large eggs, beaten**
- **¾ cup minced onion, divided**
- **2 tsp. garlic powder**
- **1 tsp. salt**
- **1 tsp. pepper**
- **1 pkg. (17 oz.) dinner rolls**
- **½ cup Thousand Island salad dressing, divided**
- **10 slices American cheese**
- **12 sliced dill pickles**
- **1½ cups shredded Iceberg lettuce**
- **1 Tbsp. butter, melted**
- **1 Tbsp. sesame seeds, toasted**

1. Preheat oven to 350°. In a large bowl, mix the beef, eggs, ½ cup minced onion, garlic powder, salt and pepper just until combined; do not overmix. Place the meat mixture on a large, parchment-lined baking sheet; shape into two 6x8-in. rectangles, each about ½-in. thick. Bake loaves until a thermometer reads 160°, 15-20 minutes.

2. Meanwhile, without separating rolls, cut rolls in half horizontally. Spread ¼ cup of dressing evenly over bottom halves of rolls.

3. Blot the meat with paper towels to remove excess fat; top meat with cheese and return to oven. Bake until cheese has just melted, 2-3 minutes. Place meat on bottom halves of rolls; spread with remaining ¼ cup dressing. Layer with the dill pickles, remaining ¼ cup minced onion and shredded lettuce; replace with top halves of rolls. Brush butter on top of the rolls; sprinkle with the sesame seeds. Serve immediately.

1 SLIDER 397 cal., 21g fat (8g sat. fat), 105mg chol., 785mg sod., 26g carb. (6g sugars, 2g fiber), 22g pro.

UPSTATE MINESTRONE SOU

If you love vegetables, you'll fi
minestrone especially satisfyi
the recipe in mind when you h
bounty of fresh garden produ
—Yvonne Krantz, Mt. Upton,

Prep: **25 min.** • Cook: **1½ hou**
Makes: **8 servings**

- **1 lb. Italian sausage link cut into ½-in. slices**
- **1 Tbsp. olive oil**
- **1 cup finely chopped o**
- **1 cup sliced fresh carr**
- **1 garlic clove, finely m**
- **1 tsp. dried basil**
- **2 cups shredded cabb**
- **2 small zucchini, slice**
- **2 cans (10½ oz. each) beef broth, undilut bouillon cubes plus**
- **1 can (14½ oz.) dice tomatoes, undrain**
- **¼ tsp. salt**
- **¼ tsp. pepper**
- **1 can (15½ oz.) gre beans, rinsed and Minced fresh par**

In a Dutch oven, brown the onion, carrots, gar 5 minutes. Stir in cabb tomatoes, salt and pe Reduce heat; cover ar Add beans; cook 20 m with parsley.

FREEZE OPTION Free freezer containers. T in the refrigerator ov in a saucepan, stirrin broth or water if nec

1 SERVING 236 cal., chol., 1329mg sod., fiber), 12g pro.

MORE BARS

ce school starts, it can be hard for to let go of summer. But these tasty will bring back sweet campfire ories, whether they're served for rt or as an after-school snack.
Moriarty, Wilton, NH

0 min. • Bake: **25 min. + cooling**
1½ dozen

p butter, softened
sugar
ge egg, room temperature
vanilla extract
all-purpose flour
graham cracker crumbs
aking powder
alt
hocolate candy bar
z. each)
z.) mar allow creme

utter and sugar
minutes. Beat in
e the flour, graham
ng powder and salt;
reamed mixture. Set aside
ng.
into a greased 9-in. square
candy bars over crust;
hmallow creme. Crumble
cracker mixture over top.
25-30 minutes or until
l on a wire rack. Cut
n airtight container.
at (6g sat. fat), 27mg
4g carb. (24g sugars,

2 starch, 1 fat.

Test Kitchen Tip

You can keep mashed banana in the freezer. Seal in a freezer-safe bag, removing as much air as possible. Freeze for up to 6 months.

BANANA CHOCOLATE CHIP COOKIES

These soft cookies have a cakelike texture and lots of banana flavor that everyone seems to love. It's one of the best banana cookie recipes I've found.
—Vicki Raatz, Waterloo, WI

Prep: **20 min.** • Bake: **15 min./batch**
Makes: **3 dozen**

- ⅓ cup butter, softened
- ½ cup sugar
- 1 large egg, room temperature
- ½ cup mashed ripe banana
- ½ tsp. vanilla extract
- 1¼ cups all-purpose flour
- 1 tsp. baking powder
- ¼ tsp. salt
- ⅛ tsp. baking soda
- 1 cup semisweet chocolate chips

1. In a small bowl, cream butter and sugar until light and fluffy. Beat in the egg, banana and vanilla. Combine flour, baking powder, salt and baking soda; gradually add to the creamed mixture and mix well. Stir in the chocolate chips.

2. Drop by tablespoonfuls 2 in. apart onto baking sheets coated with cooking spray. Bake at 350° for 13-16 minutes or until the edges are lightly browned. Remove to wire racks to cool.

1 COOKIE 69 cal., 3g fat (2g sat. fat), 10mg chol., 50mg sod., 10g carb. (6g sugars, 0 fiber), 1g pro.

DIABETIC EXCHANGES ½ starch, ½ fat.

HOMEMADE VANILLA ICE CREAM

We think that this is the best ice cream recipe ever. With only four ingredients, it just might be the easiest, too. No ice cream maker? No problem! It can be made without one.
—Taste of Home *Test Kitchen*

Prep: **5 min.** • Process: **20 min. + freezing**
Makes: **1¼ qt.**

- **2 cups heavy whipping cream**
- **2 cups half-and-half cream**
- **1 cup sugar**
- **2 tsp. vanilla extract**

Combine all ingredients, stirring to dissolve sugar completely. Fill cylinder of ice cream maker no more than two-thirds full; freeze according to manufacturer's directions. (Refrigerate any remaining mixture until ready to freeze.) Serve immediately or store in covered containers in freezer.

½ CUP 308 cal., 22g fat (14g sat. fat), 78mg chol., 37mg sod., 23g carb. (23g sugars, 0 fiber), 3g pro.

FOR RASPBERRY OR STRAWBERRY ICE CREAM
Substitute 2 cups fresh or frozen berries for 1 cup half-and-half. Puree berries in a blender or food processor; stir into other ingredients before freezing.

NOTE To prepare recipe without an ice cream maker, place a 13x9-in. dish in freezer until cold. Prepare the cream mixture as directed; transfer to prepared dish. Freeze until edges of mixture begin to set, 20-30 minutes. Using a hand mixer, beat mixture until smooth. Freeze, the mixture covered, until firm, about 3 hours more, beating again every 30 minutes.

Air-Fried Popcorn Shrimp with Chipotle Sauce

Air-Fried Popcorn Shrimp with Chipotle Sauce

29g CARB | SERVES 6 | HANDS ON 15 min. | TOTAL 30 min.

- Nonstick cooking spray
- ½ cup all-purpose flour
- 2 eggs
- 2 Tbsp. water
- 1½ cups panko
- 1 Tbsp. garlic powder
- 1 Tbsp. ground cumin
- 1 lb. fresh medium shrimp, peeled and deveined
- ½ cup no-salt-added ketchup
- 2 Tbsp. chopped fresh cilantro
- 2 Tbsp. chopped chipotle peppers in adobo sauce
- 2 Tbsp. lime juice
- ⅛ tsp. kosher salt

1. Preheat air fryer to 360°F. Coat basket with cooking spray. Place flour in a small shallow dish. In a second small shallow dish whisk together eggs and the water. In a third small shallow dish combine panko, garlic powder, and cumin.

2. Dip shrimp into flour, turning to coat. Dip into egg mixture, then into crumb mixture, shaking off any excess. Transfer half of the shrimp to the prepared basket and coat with additional cooking spray. Cook 8 minutes or until opaque and crispy, turning once. Remove from basket. Repeat with the remaining shrimp.

3. Meanwhile, for sauce, in a small bowl combine the remaining ingredients. Serve shrimp with sauce.

PER SERVING *(7 or 8 shrimp + 4 tsp. sauce each)* **CAL** 234, **FAT** 4 g *(1 g sat. fat)*, **CHOL** 170 mg, **SODIUM** 224 mg, **CARB** 29 g *(1 g fiber, 6 g sugars)*, **PRO** 20 g, **POTASSIUM** 210 mg

How to use oil in an air fryer

1 If you are using oil to coat food, 1 or 2 teaspoons is enough—more than that could cause drips that will lead to smoke.

2 Choose a neutral-tasting oil with a high smoke point, such as vegetable, canola, or grapeseed. Avoid extra-virgin olive oil—it has a low smoke point and isn't suited to the high temps of air fryers.

3 Use an oil mister or cooking spray on foods coated with flour, bread crumbs, or another dry coating. Coat the food with cooking spray or mist it with oil immediately before cooking.

4 Use oil or cooking spray on low-fat foods like potatoes, vegetables, and lean meats (such as skinless chicken). Coat with oil or cooking spray just before cooking.

5 Skip oil or cooking spray with most naturally fatty foods, such as red meat or skin-on chicken. These foods often don't need additional oil (but if a recipe calls fo follow the instructions

Five-Cheese Ziti al Forno

...the five-cheese ziti at Olive ... to make my own homemade ... and I think I got pretty close ... Castro Valley, CA

... 20 min. • Bake: 30 min. + standing
... 12 servings

- 1½ lbs. (about 7½ cups) uncooked ziti or small tube pasta
- 2 jars (24 oz. each) marinara sauce
- 1 jar (15 oz.) Alfredo sauce
- 2 cups shredded part-skim mozzarella cheese, divided
- ½ cup reduced-fat ricotta cheese
- ½ cup shredded provolone cheese
- ½ cup grated Romano cheese

TOPPING

- ½ cup grated Parmesan cheese
- ½ cup panko bread crumbs
- 3 garlic cloves, minced
- 2 Tbsp. olive oil
- Optional: Minced fresh parsley or basil

1. Preheat oven to 350°. Cook the pasta according to the package directions for al dente; drain.

2. Meanwhile, in a large saucepan, combine the marinara sauce, Alfredo sauce, 1 cup mozzarella and the ricotta, provolone and Romano. Cook over medium heat until sauce begins to simmer and cheeses are melted. Stir in cooked pasta; pour mixture into a greased 13x9-in. baking dish. Top with the remaining mozzarella cheese.

3. In a small bowl, stir together Parmesan, bread crumbs, garlic and olive oil; sprinkle over the pasta.

4. Bake, uncovered, until mixture is bubbly and topping is golden brown, 30-40 minutes. Let stand 10 minutes before serving. Garnish with fresh parsley or basil if desired.

FREEZE OPTION Cool the unbaked casserole; cover and freeze. To use, partially thaw in the refrigerator overnight. Remove from the refrigerator 30 minutes before baking. Preheat oven to 350°. Cover casserole with foil; bake 50 minutes. Uncover; bake until heated through and a thermometer inserted in center reads 165°, 15-20 minutes longer.

1 CUP 449 cal., 15g fat (8g sat. fat), 32mg chol., 960mg sod., 59g carb. (11g sugars, 4g fiber), 21g pro.

Test Kitchen Tip

Double this recipe! Enjoy one casserole now and then have the other in the freezer for later.

chicken wings with broccoli rice

active time 20 minutes start to finish 1 hour serves 4

- 2 tablespoons salt-reduced soy sauce
- 3 cloves garlic, crushed
- 2 tablespoons finely chopped fresh lemongrass
- 1 teaspoon superfine sugar
- 1 tablespoon peanut oil
- 4 pounds chicken wings, tips removed
- 1 piece fresh ginger (¾ ounce), cut into thin matchsticks
- 1 pound broccoli, chopped finely
- ½ cup loosely packed fresh cilantro sprigs

GINGER DIPPING SAUCE

- 1 ¾-ounce piece fresh ginger, cut into thin matchsticks
- 1 small clove garlic, crushed
- 1½ cups salt-reduced chicken stock
- 1 tablespoon salt-reduced soy sauce

GREEN ONION BROTH

- 2 cups reduced-sodium chicken broth
- 2 green onions, sliced thinly on the diagonal

1. Preheat oven to 400°F. Grease two large shallow oven trays; line with parchment paper.
2. Combine soy sauce, garlic, lemongrass, sugar and oil in a medium bowl, add chicken; toss to coat chicken in marinade. Divide chicken, in a single layer, between oven trays; top with ginger. Roast for 40 minutes, basting with cooking juices twice during cooking, or until chicken is browned and cooked through.
3. Meanwhile, make Ginger Dipping Sauce and Green Onion Broth.
4. Process broccoli, in batches, until finely chopped and resembles rice grains. Blanch in a medium saucepan of boiling water for 20 seconds; drain. Spread on paper towel to dry; season to taste.
5. Pour warm broth into serving cups. Serve broccoli rice topped with chicken and cilantro, accompanied with dipping sauce and broth.

TO MAKE GINGER DIPPING SAUCE: Combine ingredients in a medium bowl.

TO MAKE GREEN ONION BROTH: Heat broth in a small saucepan until warm; stir in green onions.

Tip *// You can make your own chicken broth for the Green Onion Broth using the wing tips, ginger and onion offcuts. Place in a medium saucepan with 4 cups water; simmer for 15 minutes, skim surface. Drain.*

Nutrition Facts *Per Serving 5g carbs; 50g fat; 48g protein; 664 cal*

chicken wings with broccoli rice

active time 35 minutes **start to finish** 1 hour **serves** 4

- 2 tablespoons salt-reduced soy sauce
- 3 cloves garlic, crushed
- 2 tablespoons finely chopped fresh lemongrass
- 1 teaspoon superfine sugar
- 1 tablespoon peanut oil
- 4 pounds chicken wings, tips removed
- 1 piece fresh ginger (¾ ounce), cut into thin matchsticks
- 1 pound broccoli, chopped finely
- ½ cup loosely packed fresh cilantro sprigs

GINGER DIPPING SAUCE

- 1 ¾-ounce piece fresh ginger, cut into thin matchsticks
- 1 small clove garlic, crushed
- 1½ cups salt-reduced chicken stock
- 1 tablespoon salt-reduced soy sauce

GREEN ONION BROTH

- 2 cups reduced-sodium chicken broth
- 2 green onions, sliced thinly on the diagonal

1. Preheat ov
large shallow
parchment pa
2. Combine s
lemongrass, s
bowl, add chi
in marinade.
layer, betwee
ginger. Roast
with cooking
cooking, or u
and cooked
3. Meanwh
Sauce and G
4. Process
finely chopp
Blanch in a
water for 2
paper towe
5. Pour wa
Serve broc
and cilantr
sauce and

TO MAKE
Combine i

TO MAKE
broth in a
stir in gre

Tip // Yo
broth fo

POPCORN SHRIMP
½ cup flour
2 eggs, well beaten
2 Tbsp. water
1½ cups panko bread crumbs
1 Tbsp. cumin
1 Tbsp. garlic powder
1 lb. medium raw shrimp (41-50 count per lb.), peeled and deveined
½ cup no-salt-added ketchup
2 Tbsp. chopped chipotle chiles in adobo
2 Tbsp. chopped fresh cilantro
2 Tbsp. lime juice
⅛ tsp. kosher salt
1. Preheat an air fryer to 360°F. Coat fryer basket with cooking spray.
2. Put flour in a shallow dish. In another shallow dish, stir together
3. Stir together ketchup, chipotles, cilantro, lime juice, and salt in a small bowl. Serve with shrimp.
"I'm a Floridian, so coastal cuisine is always a favorite. Seafood, shrimp especially, requires finesse when cooking. This is a great recipe as a base for other recipes. For instance, you can swap the cumin for taco seasoning to give it a pop of Tex-Mex appeal."
- THEDAILYGOURMET
Appetizers AIR FRYER RECIPES

AVOCADO FRIES

HANDS-ON 15 MIN. TOTAL 30 MIN. SERVES 4

- ½ cup flour
- 1½ tsp. black pepper
- 2 eggs
- 1 Tbsp. water
- ½ cup panko bread crumbs
- 2 avocados, peeled, pitted, each cut into 8 wedges
- ¼ tsp. kosher salt
- ¼ cup no-salt-added ketchup
- 2 Tbsp. canola mayonnaise
- 1 Tbsp. apple cider vinegar
- 1 Tbsp. sriracha sauce

1. Preheat an air fryer to 400°F.
2. Stir together flour and pepper in a shallow dish. Lightly beat eggs and the water in a second shallow dish. Put panko in a third shallow dish. Dredge avocado wedges in flour, shaking off excess. Dip in egg mixture, allowing any excess to drip off. Dredge in panko, pressing to adhere. Coat well with cooking spray.
3. Transfer avocado to fryer basket. Cook, turning over halfway through, until golden, 7 to 8 minutes. Remove from air fryer and sprinkle with salt.
4. Meanwhile, whisk together ketchup, mayonnaise, vinegar, and sriracha in a small bowl. Serve with avocado fries.

QUICK VEGETARIAN

PER SERVING (4 FRIES AND 2 TBSP. SAUCE): 262 CAL; 18G FAT (3G SAT); 5G PRO; 23G CARB (7G FIBER, 5G SUGARS); 306MG SODIUM

MOZZARELLA CHEESE BITES WITH SPICY MARINARA SAUCE

HANDS-ON 10 MIN **TOTAL** 1 HR, 15 MIN
SERVES 6

- ½ cup flour
- ½ tsp. salt
- ½ tsp. dried Italian seasoning
- 1 egg, lightly beaten
- 1 Tbsp. water
- ¾ cup panko bread crumbs
- 6 mozzarella cheese sticks
- ¾ cup marinara sauce
- ¼ tsp. crushed red pepper (optional)

1. Stir together flour, salt, and Italian seasoning in a shallow dish. Stir together egg and the water in another shallow dish. Put panko in a third shallow dish. Cut cheese sticks in half crosswise. Dip pieces in egg mixture, then in flour mixture. Dip again into egg mixture, then coat with panko. Transfer pieces to a baking sheet; freeze 1 hour or until firm.

2. Preheat an air fryer to 360°F. Lightly coat fryer basket with cooking spray.

3. Working in batches, arrange frozen cheese pieces in a single layer in basket. (Do not crowd.) Cook until golden brown and cheese just begins to melt, 4 to 6 minutes.

4. Stir together marinara and red pepper (if using) in a bowl. Serve with cheese bites.

VEGETARIAN

PER SERVING (2 BITES AND 2 TBSP. SAUCE): 171 CAL; 8G FAT (4G SAT); 11G PRO; 16G CARB (1G FIBER, 2G SUGARS); 568MG SODIUM

SPANAKOPITA B

HANDS-ON 25 MIN **TOTAL** 4

Spinach and salty cheese
calls for brushing the phy

- 1 (10-oz.) pkg. baby spinach leaves
- 2 Tbsp. water
- ¼ cup low-fat cottag
- ¼ cup feta cheese, c
- 2 Tbsp. finely grate Parmesan cheese
- 1 egg white
- 1 tsp. lemon zest
- 1 tsp. oregano
- ¼ tsp. black pepper
- ¼ tsp. kosher salt
- ⅛ tsp. cayenne pep
- 4 (13x18-inch) shee phyllo dough, tha
- 1 Tbsp. olive oil

COATED SHRIMP

HANDS-ON 15 MIN TOTAL 30 MIN SERVES 4

- ¼ cup flour
- 1½ tsp. black pepper
- 2 eggs, lightly beaten
- ½ cup unsweetened flaked coconut
- ½ cup panko bread crumbs
- 12 oz. medium raw shrimp (41-50 count per lb.), peeled and deveined, with tails on
- ¼ tsp. kosher salt
- ¼ cup lime juice
- ¼ cup honey
- 1 serrano chile, thinly sliced
- 2 tsp. chopped fresh cilantro (optional)

1. Preheat an air fryer to 400°F.
2. Stir together flour and pepper in a shallow dish. Put eggs in a second shallow dish. Stir together coconut and panko in a third shallow dish. Holding each shrimp by its tail, dredge in flour mixture, making sure not to coat tail; shake off excess. Dip in egg, allowing any excess to drip off. Dredge in coconut mixture, pressing to adhere. Coat shrimp with cooking spray.
3. Arrange half of shrimp in fryer basket; cook, turning over halfway through, until golden, 6 to 8 minutes. Sprinkle with ¼ tsp. salt. Repeat with remaining shrimp and salt.
4. Meanwhile, whisk together lime juice, honey, and serrano in a small bowl. Serve with shrimp sprinkled with cilantro (if using).

QUICK

PER 6-SHRIMP SERVING: 250 CAL; 9G FAT (7G SAT); 15G PRO; 30G CARB (2G FIBER, 18G SUGARS); 527MG SODIUM

CALZONE

N TOTAL 30 MIN SERVES

to overfill these so
seal them properly.

oil
chopped red onion
spinach
odium marinara sauce
For dipping
ed cooked
ast
d whole-wheat
zza dough
d mozzarella
t 1½ oz.)

ick skillet over
dd onion; cook,
until tender, about
ach; cook, covered
es. Remove from
nd chicken.
to 325°F.
equal pieces
tly floured
le. Spread one
e over bottom
ach with one
ugh over filling
ring edges
g spray
basket
ne over one
hem brown

AIR FRYER LEMON-PEPPER SHRIMP

HANDS-ON 5 MIN TOTAL 15 MIN SERVES 4

These easy air-fryer shrimp can be served with a salad or can stir or pasta. They're also great as a cold appetizer.

2 lemons
1 Tbsp. olive oil
1 tsp. lemon-pepper seasoning
½ tsp. paprika
½ tsp. garlic powder
12 oz. raw medium shrimp (41-50 count per lb.; thawed if frozen), peeled and deveined

1. Preheat an air fryer to 400°F.
2. Juice 1 lemon; slice the other lemon. Stir together lemon juice, oil, lemon-pepper seasoning, paprika, and garlic powder in a bowl. Add shrimp and toss to coat.
3. Transfer shrimp to fryer basket; cook until opaque and firm, 6 to 8 minutes. Garnish with lemon slices.

HEALTHY QUICK GLUTEN-FREE

PER 3 SHRIMP SERVING: 215 CAL, 9G FAT (1G SAT), 28G PRO, 13G CARB (0G FIBER, 0G SUGARS), 439MG SODIUM

"I used this on top of a lemon-infused pasta. I also added mushrooms to the shrimp when I seasoned them."
– DERRICK COURTNEY

"I added some panko bread crumbs to give it a crunch."
– FAYE AUGUSTINE

CRISPY TOFU "

HANDS-ON 25 MIN TOTAL

½ cup lower-sodium
1 tsp. toasted sesa
1 (14-oz.) pkg. firm
drained, patted d
cut into 1-inch cu
2 Tbsp. cornstarch
1 onion, cut into th
1¼ cups bite-size st
red bell pepper
1 cup fresh snow
pea pods, trimm
3 Tbsp. rice vineg
2 Tbsp. honey
1 Tbsp. grated fre
¼ tsp. crushed re
2 cups hot cooke

1. Preheat an air frye
coat fryer basket wit
2. Stir together 1 Tbs
the sesame oil in a la
tofu; toss gently to c
cornstarch; toss gen
tofu to prepared bas
gently halfway thro
golden and crispy, 2
from basket.
3. Coat onion, bell
pea pods with cook
basket. Cook until
about 5 minutes.
4. Meanwhile, for s
remaining soy sauc
honey, ginger, and
saucepan. Bring to
and simmer

AIR FRYER LEMON-PEPPER SHRIMP

HANDS-ON 5 MIN **TOTAL** 15 MIN **SERVES** 4

These easy-to-make shrimp can be served with a salad or on rice or pasta. They're also great as a cold appetizer.

- **2 lemons**
- **1 Tbsp. olive oil**
- **1 tsp. lemon-pepper seasoning**
- **¼ tsp. paprika**
- **¼ tsp. garlic powder**
- **12 oz. raw medium shrimp (41-50 count per lb.; thawed if frozen), peeled and deveined**

1. Preheat an air fryer to 400°F.
2. Juice 1 lemon; slice the other lemon. Stir together lemon juice, oil, lemon-pepper seasoning, paprika, and garlic powder in a bowl. Add shrimp and toss to coat.
3. Transfer shrimp to fryer basket; cook until opaque and firm, 6 to 8 minutes. Garnish with lemon slices.

HEALTHY *QUICK* *GLUTEN-FREE*

PER 6-SHRIMP SERVING: 215 CAL; 9G FAT (1G SAT); 29G PRO; 13G CARB (6G FIBER, 0G SUGARS); 528MG SODIUM

BROCCOLI AND CHEESE BAKED POTATOES

HANDS-ON 10 MIN **TOTAL** 30 MIN **SERVES** 8

- **4 russet potatoes (2 to 2½ lb. total)**
- **1 cup reduced-fat milk**
- **2 Tbsp. flour**
- **½ cup extra-sharp shredded cheddar cheese (2 oz.)**
- **1 cup coarsely chopped broccoli florets**
- **¼ tsp. kosher salt**
- **¼ tsp. cayenne pepper**
- **Chopped chives, for garnish**

1. Pierce potatoes all over with a fork; microwave, turning over halfway through, 10 minutes.

2. Meanwhile, bring ¾ cup milk to a simmer in a small saucepan over medium-high heat. Whisk remaining ¼ cup milk and the flour in a small bowl until smooth. Whisk flour mixture into pan until smooth. Bring to a boil, whisking constantly. Remove from heat. Reserving 2 Tbsp. cheese, stir remaining cheese into pan until blended and smooth. Stir in broccoli, salt, and cayenne.

3. Preheat an air fryer to 350°F.

4. Cut potatoes in half lengthwise; gently mash the inside of each just until loose and crumbly. Working in batches, layer potato halves in fryer basket. Top each with ¼ cup broccoli mixture and 1 Tbsp. reserved cheese.

5. Cook potatoes until cheese is melted and potato skins are crispy, about 5 minutes. Repeat with remaining potatoes, broccoli mixture, and 1 Tbsp. cheese. Garnish with chives.

QUICK VEGETARIAN

PER 1/2-POTATO SERVING: 137 CAL; 3G FAT (2G SAT); 5G PRO; 22G CARB (2G FIBER, 3G SUGARS); 148MG SODIUM

SWEET POTATO TOTS

SERVES 3

2 small sweet potatoes, peeled (14 oz. total)
1 Tbsp. potato starch
½ tsp. garlic powder
1¼ tsp. kosher salt
¼ cup no-salt-added ketchup

1. Bring a pot of water to a boil. Add potatoes; cook until just fork tender, about 15 minutes. Transfer potatoes to a plate to cool, about 15 minutes.
2. Working over a bowl, grate potatoes using the large holes of a box grater. Gently toss with potato starch, garlic powder, and 1 tsp. salt. Shape mixture into about 24 (1-inch) tot-shaped cylinders.
3. Preheat an air fryer to 400°F.
4. Lightly coat fryer basket with cooking spray. Arrange half of tots in a single layer in basket and coat with cooking spray. Cook, turning halfway through, until lightly browned, 12 to 14 minutes. Remove from basket and sprinkle with ¼ tsp. salt. Repeat with remaining tots and salt. Serve with ketchup.

GLUTEN-FREE VEGAN

PER 6-TOT SERVING: 78 CAL; 0G FAT (0G SAT); 1G PRO; 19G CARB (2G FIBER, 8G SUGARS); 335MG SODIUM

FLAXSEED FRENCH TOAST STICKS WITH BERRIES

HANDS-ON 20 MIN **TOTAL** 1 HR **SERVES** 4

Choosing a high-quality whole-grain bread ensures your French toast sticks hold their shape and texture throughout soaking and cooking.

- **4 (1½-oz.) whole-grain bread slices**
- **2 large eggs**
- **¼ cup low-fat milk**
- **1 tsp. vanilla extract**
- **1 tsp. cinnamon**
- **¼ cup packed light brown sugar**
- **⅔ cup flaxseed meal**
- **2 cups sliced fresh strawberries (10 oz.)**
- **8 tsp. pure maple syrup**
- **1 tsp. powdered sugar**

1. Preheat an air fryer to 375°F.

2. Cut each bread slice into 4 long sticks. Whisk together eggs, milk, vanilla, cinnamon, and 1 Tbsp. brown sugar in a shallow dish. In another shallow dish, stir together flaxseed meal and remaining 3 Tbsp. brown sugar. Dip bread sticks in egg mixture, slightly soaking them; allow any excess to drip off. Dredge sticks in flaxseed mixture, coating on all sides. Coat with cooking spray.

3. Working in batches, arrange sticks in a single layer in fryer basket. (Do not crowd.) Cook, turning over halfway through, until golden brown and crunchy, 10 minutes. Serve topped with strawberries, maple syrup, and powdered sugar.

VEGETARIAN

PER SERVING (4 STICKS, ½ CUP STRAWBERRIES, AND 2 TSP. SYRUP): 361 CAL; 10G FAT (1G SAT); 14G PRO; 56G CARB (10G FIBER, 30G SUGARS); 218MG SODIUM

Fried Shrimp

1 tablespoon salt
1 pound peeled Louisiana shrimp, deveined if desired
cooking oil for frying
1 large egg, well beaten
¼ cup buttermilk
1 tablespoon Creole or other grainy mustard
salt, pepper, and hot sauce to taste
black and cayenne pepper to taste
1 cup panko breadcrumbs

Dissolve salt in enough cold water to submerge shrimp completely. Add shrimp and set aside to brine for 15 minutes. While the shrimp brine, pour oil to a depth of 1½ to 2 inches in a deep skillet large enough to hold shrimp in a single layer. Place over medium-high heat and heat to 365°F. Whisk egg, buttermilk, mustard, and salt, pepper, and hot sauce to taste. Put panko in a shallow bowl and whisk in salt, black pepper, and cayenne to taste. Drain shrimp and add to egg mixture; toss to coat evenly.

Carefully lower shrimp into hot oil and fry, turning once, until golden and just cooked through, 4-5 minutes. Drain briefly on paper towels and serve hot.

Makes 2 servings.

Shrimp Tacos

1 tablespoon salt
24 large Louisiana shrimp, peeled, deveined if desired
1 tablespoon chile powder (we like New Mexico or ancho)
2 teaspoons ground cumin
black and cayenne pepper to taste
½ teaspoon dried oregano
1 tablespoon cooking oil
4 8-inch corn or flour tortillas
chopped lettuce, sliced avocado and onion, cilantro, your favorite salsa, for serving

Pound Cake with Browned Butter Strawberry Syrup

MAKES 1 (15-CUP) BUNDT CAKE

- 3 cups unsalted butter, softened and divided
- 3½ cups granulated sugar, divided
- 4 large eggs
- 4 cups all-purpose flour
- 1¾ teaspoons kosher salt
- 1 teaspoon baking powder
- 1⅓ cups whole milk
- 1 teaspoon vanilla extract
- 4 cups quartered fresh strawberries
- ¼ teaspoon ground cardamom
- ¼ cup light corn syrup

1. Preheat oven to 325°.

2. In a large bowl, beat 2 cups butter and 3 cups sugar with a mixer at medium speed until fluffy, 3 to 4 minutes, stopping to scrape sides of bowl. Add eggs, one at a time, beating well after each addition.

3. In another large bowl, sift together flour, salt, and baking powder. In a small bowl, stir together milk and vanilla. With mixer on low speed, gradually add flour mixture to butter mixture alternately with milk mixture, beginning and ending with flour mixture, beating just until combined after each addition.

4. Spray a 15-cup Bundt pan with baking spray with flour. Spoon batter into prepared pan.

5. Bake until a wooden pick inserted near center comes out clean, about 1½ hours.

6. In a medium bowl, stir together strawberries, cardamom, and remaining ½ cup sugar. Let stand at room temperature until strawberries have softened, about 1 hour. Drain strawberries, reserving ½ cup strawberry juice.

7. In a medium saucepan, melt remaining 1 cup butter over medium heat. Cook, stirring frequently, until butter turns a medium-brown color and has a nutty aroma, about 10 minutes. Remove from heat; whisk in reserved ½ cup strawberry juice and corn syrup. Serve syrup and strawberries with cake.

CAKE

COCONUT CUPCAKES

Make your keto ingredients the stars of the show with these delicious cupcakes

INFORMATION

PREP TIME: 5 minutes

BAKING TIME: 35 minutes

CHILL TIME: 2 hours

SERVINGS: 12

NET CARBS PER SERVING: 3 g

INGREDIENTS

- ***85 g | 3 oz | ⅔ cups*** *coconut flour*
- ***2 tsp*** *baking powder*
- ***115 g | 4 oz | 1 stick*** *butter, cut into cubes*
- ***60 g | 2 oz*** *cream cheese*
- ***200 g | 7 oz | 1 cup*** *granulated sweetener*
- ***240 ml | 8 fl oz | 1 cup*** *coconut cream*
- ***4*** *eggs*
- ***1 handful*** *desiccated coconut*

METHOD

Preheat the oven to 180°C (160°C fan) | 350°F | gas 4, then line a muffin tin with cupcake cases, or oil 12 individual silicone cups.

In a large bowl, combine the coconut flour and baking powder. Place the cubed butter into a separate bowl along with the cream cheese. Microwave the butter and cream cheese for around 30 seconds. Once they have melted a little, stir until well combined.

Add the sweetener and coconut cream to the butter mix and stir it well. Pour the wet ingredients into the bowl of coconut flour and baking powder and mix together. Then add the eggs and mix until everything is fully combined.

Divide the batter equally between the cupcake cases and bake in the oven for around 35 minutes, or until golden and a skewer or cocktail stick inserted into the middle of the sponge comes out clean.

For the best results, let the cakes cool completely for at least 2 hours before removing them from the tin.

To decorate, gently roll the tops of the cooled cupcakes in some desiccated coconut.

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BLUEBERRY MUFFINS

The humble superfood swoops in to give these muffins an injection of antioxidants

INFORMATION

PREP TIME: 5 minutes

BAKING TIME: 23 minutes

SERVINGS: 12

NET CARBS PER SERVING: 3 g

INGREDIENTS

- **250 g | 8.8 oz | 2½ cups** almond flour
- **65 g | 2.3 oz | ⅓ cup** granulated sweetener
- **1½ tsp** baking powder
- **1 tsp** bicarbonate soda
- **½ tsp** salt
- **70 g | 2.5 oz | 5 tbsp** butter, melted
- **80 ml | 2.7 fl oz | ⅓ cup** almond milk
- **3** eggs
- **½–1 tsp** vanilla extract (to taste)
- **1 handful** fresh blueberries

METHOD

Preheat the oven to 180°C (160°C fan) | 350°F | gas 4 and line a 12-cup muffin tin with cupcake or muffin cases.

In a large bowl, mix together the almond flour, sweetener, baking powder, bicarbonate soda and salt.

Now whisk in the melted butter, almond milk, eggs and vanilla. Once everything is combined, gently fold in the blueberries.

Divide the mixture evenly between each cake case and then bake for around 23 minutes until light golden brown.

Once baked, carefully remove the muffins from the oven and leave to cool for 30 minutes before placing them on a wire rack to cool completely.

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DIABETES SUPERFOOD

SWEET POTATO AND SQUASH

Everyone loves starchy vegetables, and although there is nothing wrong with the classic white potato (especially with the skin on), squash (such as acorn and spaghetti squash) and sweet potato tend to be lower on the GI index and higher in soluble fiber. If you're having trouble controlling your blood sugar, you should opt for these.

Lentil Spinach Soup

"Lentils are an excellent source of fiber and a good source, along with the spinach and cumin, of iron," says Graham.

MAKES 8 (1½ cup) servings

INGREDIENTS

- 2 tablespoons olive or vegetable oil
- 2 stalks celery, sliced
- 2 medium carrots, shredded
- 2 cloves garlic, finely chopped
- 1 medium onion, chopped
- 1 cup dried brown or green lentils (whole, not split), rinsed
- 2 teaspoons ground cumin
- 1 teaspoon ground coriander
- ½ teaspoon ground cinnamon
- 5 cups water
- 4 cups 30%-less-sodium ready-to-use broth (beef, chicken or vegetable)
- Juice of 1 lemon (¼ cup)
- 10 oz. package frozen chopped spinach, thawed
- ¼ cup chopped fresh cilantro
- ½ teaspoon salt
- ¼ teaspoon black pepper

INSTRUCTIONS

1 In a large pot, heat oil over medium heat. Add celery, carrots, garlic and onion; sauté for 10 minutes, or until softened. Add lentils, cumin, coriander and cinnamon; cook, stirring, for 2 minutes.

2 Stir in water, broth and lemon juice; bring to a boil. Reduce heat to low, then cover and simmer for 30 minutes, or until lentils are tender.

3 Stir in spinach, cilantro, salt and pepper, then serve.

Per Serving 145 calories, 23 g carbs, 10 g fiber, 9 g protein, 4 g fat, 1 g sat. fat, 494 mg sodium

Avocado Chocolate Pudding

Surprise! You'd never guess the secret ingredient here, if you hadn't seen the recipe. "We think of desserts as being fun but 'bad' for you, but they don't have to be," says Graham. "Avocados contain monounsaturated fat, which is important for healthy blood vessels."

MAKES 4 (½ cup) servings

INGREDIENTS

- ½ cup skim milk or nondairy milk
- 1 ounce semisweet chocolate (or 2 tablespoons semisweet chocolate chips)
- 2 small ripe avocados, peeled and pitted
- 3 tablespoons unsweetened cocoa powder
- ¼ cup reduced-sugar pancake syrup
- ½ teaspoon vanilla

INSTRUCTIONS

1 Place milk and chocolate in a small microwave-safe bowl and microwave on high for 20 seconds until melted; stir until smooth.

2 Use an immersion blender in the bowl or transfer to a blender. Combine milk and melted chocolate, avocados, cocoa, syrup and vanilla and blend for 10 seconds, until smooth. Divide into bowls and serve (or chill).

Per Serving 170 calories, 18 g carbs, 5 g fiber, 3 g protein, 10 g fat, 2 g sat. fat, 48 mg sodium

Recipes reprinted from *Diabetes Meals for Good Health Cookbook* by Karen Graham, RD, CDE and Mansur Shomali, MD (Robert Rose, 2020).

Avocado Chocolate Pudding
AVOCADOS (230 CALORIES PER CUP) GIVE A CREAMY TEXTURE— PLUS HEALTHY FAT AND FIBER— TO DESSERTS.